

# Shake Shake

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Heather Rowe (AUS) - January 2025  
音樂: Shake Shake (All Night Long) - Mason Ramsey



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## Right step lock, step together step, left step lock, step together step

1, 2, 3&4      Right step, lock left behind right, step right foot forward,  
5, 6, 7&8      Left step, lock right behind left, step left foot forward. (12:00)

## Rock forward and back, left back lock back, 1/2 turn shuffle clockwise, left side rock 1/4 cross

9&10, 11&12      Rock forward on right foot, recover to left and rock back onto right, step left back, lock right over left and step left back again,  
13&14, 15&16      turn clockwise with a 1/2 shuffle over right shoulder, right, left, right, step left foot forward taking the weight as you turn 1/4 turn right transfer weight onto right foot and step left across right foot. (9:00)

## 1/2 hinge turn anti-clockwise, right samba, left sailor, right sailor

17, 18, 19&20      Step weight onto right foot as you start a hinge turn anti- clockwise taking weight onto left foot as you complete the 1/2 turn, step right across left, step left to left side and right to right side (samba),  
21&22, 23&24      Step left behind right, step right to right side and left to left side (sailor), step right behind left, step left to left side and right to right side (sailor). (3:00)

## Left samba, walk forward right, left, right mambo forward, left mambo back.

25&26, 27, 28      Step left across right, step right to right side, step left to left side (samba), walk forward stepping right, left,  
29&30, 31&32      Rock forward on right, taking weight onto right, recover onto left and step right foot beside left foot, rock back on left foot, taking weight onto left foot, recover onto right foot and step left foot beside right. (3:00)

## Tag: done at the end of wall 2.

1, 2, 3&4&      Elvis knees, left, right, left, right, left, right.

Last Update: 10 Jan 2025

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