

# Shake Down, Rattle And Roll

COPPERKNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Bill Bader (CAN)  
音樂: The Shake - Neal McCoy



Throughout the dance, the hands may be positioned slightly forward at waist level (except, of course, when clapping). This will facilitate shoulder action.

## DIAGONAL LEFT SHAKE FORWARD, SHAKE BACK, STEP, SLIDE, STEP, STOMP/CLAP

1-2            Step left along forward/left diagonal and take 2 counts to drop left shoulder forward  
3-4            Take 2 counts to bring right shoulder back. Weight shifts onto right.

**THE SHAKE: Do the normal leaning forward and back shown for counts 1-4, but count 1&2, 3&4 and bring the shoulders alternately forward as follows: 1&2) Left-Right-Left, 3&4) Right-Left-Right.**

5            Step left along forward/left diagonal  
6            Slide right forward and step beside left  
7            Step left forward continuing along forward/left diagonal  
8            Stomp right beside left (no weight) and clap

## DIAGONAL RIGHT SHAKE FORWARD, SHAKE BACK, STEP, SLIDE, STEP, STOMP/CLAP

9-10          Step right along forward/right diagonal and take 2 counts to drop right shoulder forward  
11-12        Take 2 counts to bring left shoulder back. Weight shifts onto left.

**For 9-12 see THE SHAKE above, but use opposite shoulders (right-left-right, left-right-left)**

13          Step right along forward/right diagonal  
14          Slide left forward and step beside right  
15          Step right forward continuing along forward/right diagonal  
16          Stomp left beside right (no weight) and clap

## 3 ZIG-ZAGS BACK (BACK LEFT, STOMP/CLAP, BACK RIGHT, STOMP/CLAP, BACK LEFT WITH ¼ TURN, STOMP/CLAP); TOUCH FAR RIGHT, TOUCH TOGETHER

17          Step left diagonally back to left  
18          Stomp right beside left with a light rebound and clap  
19          Step right diagonally back to right  
20          Stomp left beside right with a light rebound and clap  
21          Step left diagonally back to left turning ¼ left (face 9:00)  
22          Stomp right beside left with a light rebound and clap  
23          Touch right toe slightly further than normal to right side  
24          Touch right toe beside left

## RIGHT HEEL TWICE, LEFT HEEL TWICE, BACK, TOGETHER, SHUFFLE FORWARD

25          Tap right heel down bouncing it up  
26          Lower right heel  
27          Tap left heel down bouncing it up  
28          Lower left heel  
29          Step right back  
30          Step left back beside right  
31&32        Shuffle forward: right-left-right (forward, slide together, forward)

## REPEAT

**THE SWIM: As in Neil McCoy's video of "The Shake", at 1-2, bring the left hand forward with a swimmer's crawl stroke. At counts 3-4 do the same with the right hand. At counts 9-10, swim with right hand first, then with left at 11-12.**

**THE ROLL: At counts 5-7 do a full turn to the left ROLL (along left diagonal) and at counts 13-15 do a full turn**

to the right ROLL (along right diagonal).

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