

# The Shake

拍數: 0                      牆數: 1                      級數:  
編舞者: Bobbie Allen (USA)  
音樂: The Shake - Neal McCoy



Sequence: AA, BC, AA, BC, AA, BBB

## SECTION A

### RIGHT HEEL TAPS IN PLACE, LEFT HEEL TAPS IN PLACE

- 1-4                      Tap right heel in place as you face 1/8 turn to right from the front  
5-8                      Turn body to face 1/8 turn to left from the front and tap the left heel in place 4 times

### TWO RIGHT KICK-BALL-CHANGES

- 9&10                      Kick right foot low and forward, step onto ball of right foot and place weight onto left foot  
11&12                      Kick right foot low and forward, step onto ball of right foot and place weight onto left foot

### TOE-HEEL STRUTS FORWARD

- 13                      Touch right toe forward  
14                      Place right heel on floor  
15                      Touch left toe forward  
16                      Place left heel on floor

### TOE-HEEL STRUTS BACK

- 17                      Touch right toe back  
18                      Place right heel on floor  
19                      Touch left toe back  
20                      Place left heel on floor

### STEP SIDE RIGHT TOUCH LEFT, STEP SIDE LEFT TOUCH RIGHT

- 21                      Step to right  
22                      Slide left foot next to right  
23                      Step left  
24                      Slide right foot next to left

### SYNCOPATED HEEL TAPS, CROSS UNWIND

- 25                      Step back on right foot  
26                      Tap left heel in place with toes pointing up  
27                      Place left foot flat  
28                      Tap right toe next to left foot  
&29                      Step right foot back and tap left heel forward with toe pointing up  
&30                      Place left foot flat and cross right foot in front of left foot  
31                      Hold  
32                      Unwind left 1/2 turn

## SECTION B THE SHAKE

- 1-2                      Step out to the left on left foot about shoulder width. Shake hips to left as you do so (you may want to step out to left and twist ball of left foot as you shake your hips and bring left foot in on 4)  
3-4                      Step left foot in next to right and clap  
5-6                      Step out to the right on right foot about shoulder width. Shake hips to right as you do so  
7-8                      Step right foot in next to left and clap

## **PADDLE TURNS**

- 9 Step forward on right foot
- 10 Pivot ¼ turn to left with left foot stepping in place
- 11 Step forward on right foot
- 12 Pivot ¼ turn to left with left foot stepping in place
- 13 Step forward on right foot
- 14 Pivot ¼ turn to left with left foot stepping in place
- 15 Step forward on right foot
- 16 Pivot ¼ turn to left with left foot stepping in place

## **FUNKY SHAKE**

- 17-20 Hip bumps right, left, right, left (swing hips right, left, right, left as you bend your knees and go down and up with hip sways, swing your hand right left, right, left at hip level)
- 21-24 Roll hips around the world or body roll

## **HEEL SWITCHES WITH LONG STEP FORWARD**

- 25 Tap right heel forward
- &26 As you bring right foot home switch to left heel tap out front
- 27 Step forward on right foot
- 28 Tap left foot next to right
- 29 Step back on left toe
- 30 Place left heel on floor
- 31 Step back on right toe
- 32 Place right heel on floor

## **SECTION C**

### **STEP SLIDES TO THE RIGHT AND LEFT**

- 1 Step at a 45 degree angle to right on right foot
- 2 Slide left foot next to right foot
- 3 Step to right again
- 4 Touch left foot next to right
- 5 Step at a 45 degree angle to left on left foot
- 6 Slide right foot next to left foot
- 7 Step to left again
- 8 Place right foot next to left foot

### **RIGHT HEEL HOOK, HEEL HOME, LEFT HEEL HOOK, HEEL HOME**

- 9 Touch right heel forward
- 10 Hook in front of left leg
- 11 Touch right heel forward
- 12 Place right heel home
- 13 Touch left heel forward
- 14 Hook in front of right leg
- 15 Touch left heel forward
- 16 Place left heel home

### **SYNCOPATED HOP BACKWARD**

- &17 Hop back on right, left
- 18 Clap
- &19 Hop back on right, left
- 20 Clap

### **BODY ROLL FOR 4 COUNTS**

- 21-24 Body roll

**TRIPLE STEPS WITH ROCK STEP**

25&26 Triple step to right side on right, left, right  
27-28 Rock back on left foot with right foot in place  
29&30 Triple step to left side on left, right, left  
31-32 Rock back on right foot with left foot in place

**TRIPLE STEP WITH ½ TURN AND ROCK STEP**

33-34 Triple step with a ½ turn to left side on right, left, right  
35 Rock back on left foot  
36 Step right foot in place  
37&38 Triple step with a ½ turn to right on left, right, left  
39 Rock back on right foot  
40 Step left foot in place

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