

# The Shake

拍數: 64      牆數: 2      級數: Improver  
編舞者: "Hillbilly" Rick (USA), Denise Reynolds & David Hoyn (AUS)  
音樂: The Shake - Ronnie Beard



- 1-4            Step left out & forward a little & bump hips to left 4 times while pointing to left  
5-8            Bump hips to right 4 times while pointing to the right
- 1-4            Step back left toe/heel, step back right toe/heel  
5-8            Hop backwards 4 times on both feet  
**Option: step back left toe/heel, step back right toe/heel**
- 1-4            Big step sideways to left, while sliding right over to left make some funky chicken arms  
5-8            Big step to right, while sliding left over to right get down low & wiggle
- 1-4            Step right forward a little & bend over & shimmy shoulders - as you come back up  
5-6            Cross right over left & make a full turn to left on balls of your feet  
7-8            Open hands out
- 1-4            Facing forward but moving to right, step right toe heel, cross step left over right toe heel  
5&6            Right side shuffle right-left-right  
7-8            Rock step back on left, rock forward & step in place on to right
- 1-4            Facing forward but moving to left, step left toe heel, cross step right over left toe heel  
5&6            Left side shuffle left-right-left  
7-8            Rock step back on right, rock forward & step in place on left
- 1&2            Heel switches (right heel out, bring right back in, left heel out)  
&3-4&        Bring left back in, step forward on right, make ¼ turn left  
5&6            Heel switches (right heel out, bring right back in, left heel out)  
&7-8&        Bring left back in, step forward on right, make ¼ turn left
- 1-2            Step forward on right, hold  
&3-4            Slide left up next to right, slide step right forward, hold  
&5-6            Slide left up next to right, slide step right forward, hold  
&7&            Slide left up next to right, slide step right forward  
&8&            Slide left up next to right, slide step right forward

**REPEAT**

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