

# The Shake

拍數: 32      牆數: 4      級數:  
編舞者: Sandy Plummer (USA)  
音樂: The Shake - Neal McCoy



## MONTEREY TURN

- 1 Touch right toe to right side
- 2 Make  $\frac{1}{2}$  turn to right on ball of left foot and step right foot next to left on completion of turn
- 3 Touch left toe to left side
- 4 Step left foot next to right

## TOE HEEL WALKS BACK

- 5 Step back on ball of right foot
- 6 Lower right heel, shifting weight to right foot
- 7 Step back on ball of left foot next to right foot
- 8 Lower left heel, shifting weight to left foot

## TOE HEEL LIFTS

- 9 With feet next to each other, raise left toe and right heel
- 10 Lower left toe and right heel
- 11 Raise left heel and right toe
- 12 Lower left heel and right toe

## APPLE JACKS

- 13 With weight on left heel and ball of right foot, twist left toe and right heel to left
- 14 Twist left toe and right heel back to center
- 15 Switching weight to right heel and ball of left foot, twist right toe and left heel to right
- 16 Twist right toe and left heel back to center

## RIGHT VINE

- 17 Step right foot to right
- 18 Cross left foot behind right
- 19 Step right foot to right
- 20 Touch left foot next to right

## LEFT VINE WITH $\frac{1}{4}$ TURN

- 21 Step left foot to left
- 22 Cross right foot behind left
- 23 Step left foot to left, making  $\frac{1}{4}$  turn left
- 24 Touch right foot next to left

## HIP BUMPS

- 25-26 Bump hips to right twice
- 27-28 Bump hips to left twice
- 29-32 Bump hips right, left, right, left

## REPEAT

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