

# The Shake

拍數: 64      牆數: 4      級數: Improver  
編舞者: Victor van der Meer (AUS)  
音樂: The Shake - Neal McCoy



- 1-2-3-4      Step right forward, scuff left forward, step left forward, scuff right forward  
5&6-7-8      Shuffle forward right, step left forward pivot ½
- 1-2-3-4      Step left forward, scuff right forward, step right forward, scuff left forward  
5&6-7-8      Shuffle forward left, step right forward pivot ½
- 1-2&  
3-4      Kick right across left, kick right across left, step right to right side  
Step left to left side, hold
- 1-2&  
3-4      Kick right across left, kick right across left, step right to right side  
Step left to left side, hold
- 1-2-3-4      Step right forward, slow ¼ turn left as you are shaking your shoulders  
5-6-7-8      Left toe over right, drop heel to floor, right toe to side, drop heel to floor
- 1-2-3&4      Cross/rock left over right, rock back onto right, side shuffle left turning ½ turn left  
5&6-7-8      Side shuffle right, cross left behind right, replace weight to right
- 1&2-3&4      Kick-ball-change left to left side twice  
5&6-7&8      Side shuffle left, right, left, turn ½ right side shuffle right, left, right
- 1&2-3&4      Kick-ball-change left over right twice  
5-6-7-8      Tap left heel forward for 4 counts
- 1-2-3-4      Step right forward, touch left next to right, step left back, touch right next to left  
5-6-7-8      Step right forward, touch left next to right, step left back, touch right next to left  
**Shake your shoulders for the last 8 counts**

**REPEAT**

**TAG**

**At the end of the 2nd and 4th wall, repeat the last 8 beats again**