

# Shakin' All Over

**COPPER KNOB**  
STEPSHEETS

拍數: 0                      牆數: 4                      級數:  
編舞者: Peter Metelnick (UK)  
音樂: The Shake - Neal McCoy



Sequence: When danced to "The Shake", it is AAB-AAB then A to the end. When danced to "(You Make Me Feel) Groovy! (LD Tempo Mix)", just dance Part A repeatedly.

## PART A-THE MAIN EVENT

### SHAKE IT TO THE LEFT, SHAKE IT TO THE RIGHT

1-8                      Step left foot to left side and bump hips left 4x, shift weight to right foot and bump hips right 4x

### TURN ¼ LEFT & SHUFFLE FORWARD, RIGHT FORWARD, ½ LEFT PIVOT TURN, SHUFFLE FORWARD, STOMP LEFT TWICE

1&2                      Turn ¼ left and step left foot forward, step right foot together, step left foot forward  
3-4                      Step right foot forward, pivot ½ left  
5&6                      Step right foot forward, step left foot together, step right foot forward  
7-8                      Stomp left foot together twice keeping weight on right foot

### SAILOR SHUFFLES WITH A TWIST!

1&2                      Step left foot behind right, step right foot to right side, step left foot in place  
3-4                      With feet apart swivel heels left, swivel heels right with weight ending on left foot  
5&6                      Step right foot behind left, step left foot to left side, step right foot in place  
7-8                      With feet apart swivel heels right, swivel heels left turning ¼ right with weight ending on left foot

### FORWARD SHUFFLE, LEFT FORWARD TURNING ½ RIGHT, RIGHT BACK, SHAKE IT BACK!

1&2                      Step right foot forward, step left foot together, step right foot forward  
3-4                      Step left foot forward turning ½ right, step right foot back  
5-8                      Bump right hip back 4x (weight is on right foot)

### FORWARD SHUFFLE, RIGHT FORWARD, ½ LEFT PIVOT TURN, RIGHT FORWARD, DOUBLE CLAP, LEFT FORWARD, SINGLE CLAP

1&2                      Step left foot forward, step right foot together, step left foot forward  
3-4                      Step right foot forward, pivot ½ left  
5&6                      Step right foot forward, clap twice  
7-8                      Step left foot forward, clap

### RIGHT FORWARD, DOUBLE CLAP, LEFT FORWARD, SINGLE CLAP, HITCH-STEPS BACK

1&2                      Step right foot forward, clap twice  
3-4                      Step left foot forward, clap  
&5&6                      Hitch right knee up, step right foot back, hitch left knee up, step left foot back  
&7-8                      Hitch right knee up, step right foot back, step left foot together

### ½ RIGHT MONTEREY TURN & DOUBLE CLAP, ¼ RIGHT MONTEREY TURN & CLAP

1-2                      Touch right toes to right side, pivot ½ right on left foot & step right foot together  
3-4                      Touch left toes to left side, step left foot together  
5-6                      Touch right toes to right side, pivot ¼ right on left foot & step right foot together  
7-8                      Touch left toes to left side, step left foot together

You can add claps to this section, clapping hands while doing Monterey turns on counts &2, 4, &6, 8

**HEEL TOE SWIVELS TRAVELING RIGHT (THE DWIGHT), ½ RIGHT MONTEREY TURN ENDING WITH LEFT KNEE BENT IN FRONT OF RIGHT LEG**

- 1-4            With weight on left foot travel right:  
                 Swivel left heel right & touch right toes together,  
                 Swivel left toes right & touch right heel together,  
                 Swivel left heel right & touch right toes together,  
                 Swivel left toes right & touch right heel together
- 5-8            Touch right toes to right side, pivot ½ right on left foot & step right foot together, touch left toes to left side, raise left leg up bending left knee in front of right leg (weight ends on right foot)

**REPEAT**

For the dance to phrase properly to Neal's song, you have to add 2-8 count bonus sections (part b). These occur after going through the dance for the 2nd & 4th time. After completing the dance for the 2nd time, you will be facing the back wall. Do the following 8 count section:

**PART B-BONUS BEATS!**

**BASIC LEFT & CLAP, BASIC RIGHT & CLAP**

- 1-4            Step left foot to left side, step right foot together, step left foot to left side, touch right foot together & clap
- 5-8            Step right foot to right side, step left foot together, step right foot to right side, touch left foot together & clap

**REPEAT**

After completing the dance for the 4th time you will be facing forward. Add the 8 count section (part B) & then repeat the dance from the beginning.

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