

# U Shake It

拍數: 0      牆數: 1      級數: Improver east coast swing  
編舞者: Judy Cain (USA)  
音樂: The Shake - Neal McCoy



Sequence: AA BB CC D, AA BB CC D, AA BB CC D BBBB

## PART A

### VINE LEFT & RIGHT

1-4            Step left to left, right behind, left to left, scuff right forward  
5-8            Step right to right, left behind, right to right, scuff left forward

### STEP SCUFF FORWARD

9-12           Step left forward & scuff right, step right forward & scuff left  
13-16          Step left forward & scuff right, step right forward & scuff left

### HEEL SWITCHES TRAVELING BACKWARDS

17&18&        Step back on left, tap right heel forward, step back on right, tap left heel forward  
19&20        Step back on left. Tap right heel forward, clap on count 4  
21&22        Step back on right, tap left heel forward, step back on left, tap right heel forward  
23&24        Step back on right, tap left heel forward, clap on count 4

## HIP ROLLS

25-32          Step left forward and roll hips forward and down, back and up repeat three more times

## PART B

### SHAKE

Have fun & be creative here

1-2            Step left to left, shimmy shoulders or shake hips for 2 counts  
3-4            Right touch beside left, clap  
5-6            Step right to right, shimmy shoulders or shake hips for 2 counts  
7-8            Left touch beside right, clap

### STEP TAPS/FULL RIGHT TURN

9-10           Step left forward & touch right next to left  
11-12          Step right back making a right ½ turn, touch left next to right  
13-14          Step left forward & touch right next to left  
15-16          Step right back making a ½ right turn, touch left next to right

## PART C

### FORWARD ANGLE WALKS/BACKWARD STEP TAPS

1-4            Left forward (angle toward left corner), right beside left, left forward, touch right beside left  
5-8            Right back, touch left next to left, left back, touch right next to left  
9-12          Right forward (angle toward right corner), left beside, right forward, touch left beside right  
13-16          Left back, touch right next to left, right back, touch left next to right

## PART D

### HEEL SPLITS, HEEL STEP

1-4            Split heels apart & close together, tap left heel forward and step beside right  
5-8            Split heels apart & close together. Tap right heel forward and step beside left