

# The Funky Shake

**COPPER KNOB**  
STEPSHEETS

拍數: 136      牆數: 1      級數: Intermediate  
編舞者: Sheryl Dedert & Connie Bordewick  
音樂: The Shake - Neal McCoy



## SYNCOPATED STEPS FORWARD, HIP SHAKES

&1            Jump slightly forward on right, together on left  
2-4            Holding foot positions, shake hips for three counts  
&5            Jump slightly forward on right, together on left  
6-8            Shake hips for three counts, shifting weight to right foot

## HEEL & HEEL & HEEL & SWITCH CROSS OVER

&9            Right heel out, weight on left  
&10           Left heel out switching weight to right  
&11           Right heel out switching weight to left  
&12           Left heel out switching weight to right  
&13           Switch weight to right foot when right crosses in front of left leg  
14            Step with weight to left foot (which is behind right at this point)  
15-16        Step right then left foot (weight ends on left)

## 2 ROMPS, SHUFFLE & ROCK STEP

&17           Step back right foot with left heel out (romp)  
&18           Left home, right toe touch  
&19           Step back right foot with left heel out (romp)  
&20           Left home, right toe touch  
21&22       Right shuffle  
23-24        Rock forward left and back to right foot

## LEFT SHUFFLE, ROCK STEP, JAZZ BOX ¼ TURN TO LEFT

25&26       Left shuffle going backwards  
27-28       Rock back on right then back to left  
29-32       Crossing right over left turning ¼ turn to left, finish jazz box (weight on left)

## ROLLING VINES, RIGHT THEN LEFT

33-36       Rolling vine to right (4th count is a left touch)  
37-40       Rolling vine to left (4th count is a right touch)

## 2 RIGHT TOE TWISTS, CLAP, 2 LEFT TOE TWISTS, CLAP

41&42       Touch right foot out to side with ball of foot on floor and twist twice  
43-44       Step right foot next to left foot (weight to right) clap hands  
45&46       Touch left foot out to side with ball of foot on floor and twist twice  
47-48       Step left foot next to right foot (weight to left) clap hands

## BOOGIE WALK, RIGHT HALF TURN, THEN QUARTER TURN RIGHT WITH TOUCH

49&50       Cross right toe in front of left and go to heel on 50  
51&52       Bring left toe to left and weight to left heel on 52  
53&54       Take right ½ turn to right, hold on 54  
55&56       Continue to right with a quarter turn stepping left and touch right for 56

## 2 RIGHT HEELS, SWITCH, 2 LEFT HEELS, SWITCH, SINGLE HEELS AND SWITCHES

57-58       2 right heel digs

- &59-60 Switch weight to right, extend left heel out to do 2 left heel digs
- &61 Switch weight to left, right heel out
- &62 Switch weight to right, left heel out
- &63 Switch weight to left, right heel out
- &64 Switch weight to right, left heel out but keep close to right foot

#### **4 LEFT SHAKES, 4 RIGHT SHAKES**

- 65-68 Shake hips to left 4 counts (bringing left heel in home position)
- 69-72 Shake hips to right 4 counts

#### **8 COUNT ROLL (SHAKE)**

- 73-80 Taking hips starting at right from last shake making 4 circles to the left

#### **4 FUNKY SHAKES AND 4 LOW SHAKES**

**For this 8 counts, weight is evenly distributed on both feet**

- 81-84 Shake left, both hands in upper body area for 4 counts
- 85-88 Shake right, both hands lower area for 4 counts

**And yes the body cannot stand still during this part, so shaking as little or as much as you desire**

#### **RIGHT OUT, LEFT OUT, RIGHT IN FRONT, LEFT OUT AND SAILOR STEP, ROCK STEP**

- &89 Touch right out to side as weight goes to left foot
- &90 Touch left out to side as weight goes to right foot
- &91 Touch right out in front as weight goes to left foot
- &92 Touch left out to side as weight goes to right foot
- 93&94 Sailor step (taking left foot behind right, step right then left)
- 95&96 Shift weight from ball of right foot to left foot with right touch

#### **ROLLING VINES, RIGHT THEN BACK LEFT**

- 97-100 Rolling vines to right with touch on count 100
- 101-104 Rolling vine to left with touch on count 104

#### **STEP TOUCHES**

- 105-106 Step forward right, touch left (45 degree or to 2 o'clock)
- 107-108 Step back left, touch right (45 degree to back or 7 o'clock)
- 109-110 Step back right, touch left (45 degree to back or 5 o'clock)
- 111-112 Step forward, left touch right (45 degree to front at 10 o'clock)

#### **VINE RIGHT AND VINE LEFT (THESE ARE NOT ROLLING)**

- 113-116 Vine right with a touch on count 116
- 117-120 Vine left with a touch on count 120

#### **2 RIGHT TOE TWISTS, CLAP, 2 LEFT TOE TWISTS, CLAP**

- 121&122 Touch right foot out to side with ball of foot on floor and twist twice
- 123-124 Step right foot next to left foot (weight to right) clap hands
- 125&126 Touch left foot out to side with ball of foot on floor and twist twice
- 127-128 Step left foot next to right foot (weight to left) clap hands

#### **8 COUNT ROLL (SHAKE)**

- 129-136 Taking hips starting at right from last shake making 4 circles to the left

#### **REPEAT**

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