

Shake It at the Station

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Daniel Exton (UK) - March 2025

Musik: Shake It - Metro Station



Intro: 48 Counts. Start at approx 19 secs.

SEC 1 GRAPEVINE, TOUCH, GRAPEVINE, TOUCH

- 1-2 Right to Right side, Left behind Right
- 3-4 Right to Right side, Touch Left next to Right
- 5-6 Left to Left side, Right behind Left
- 7-8 Left to Left side, Touch Right next to Left

Restart Here on Wall 10

SEC 2 MONTEREY ¼ TURNS X2

- 1-2 Touch Right to Right side, Return Right next to Left with ¼ turn Right (3:00)
- 3-4 Touch Left to Left side, Return Left next to Right
- 5-6 Touch Right to Right side, Return Right next to Left with ¼ turn Right (6:00)
- 7-8 Touch Left to Left side, Return Left next to Right (Weight on L)

SEC 3 HEEL, RETURN, HEEL, RETURN, ROCKING CHAIR

- 1-2 Right Heel forward, Return Right next to Left
- 3-4 Left heel forward, Return Left next to Right
- 5-6 Rock forward on Right foot, Recover onto Left
- 7-8 Rock back on Right foot, Recover onto Left

SEC 4 TOE STRUT X2, TWIST X3, CLAP

- 1-2 Right toe forward, Right foot down
 - 3-4 Left toe forward, Left foot down
 - 5-6 Twist Heels Right, Twist Toes Right
 - 7-8 Twist Heels Right, Clap (Weight on L)
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