

Shake That Thing

Count: 48

Wand: 2

Ebene: Intermediate

Choreograf/in: Cathy McDaniel (USA)

Musik: Shake That Thing - The Fantastic Shakers



VINE RIGHT, SYNCOPATED VINE LEFT

- 1-2 Step right foot to right side, cross left foot behind right foot
- 3-4 Step right foot to right side, touch left foot beside right foot
- 5-6 Step left foot to left side, cross right foot behind left foot
- &7 Step left foot to left side, cross right foot over left foot
- &8 Step left foot to left side, right heel forward

BACK UP WITH ATTITUDE, HOP FORWARD & BOUNCE

- 1-2 Step back right foot, step back left foot
- 3-4 Step back right foot, touch left foot beside right foot
- &5 Hop forward left foot & touch right foot beside left foot
- 6-7-8 With weight on left foot bounce for 3 counts

UP AND DOWN BUMPS TO THE RIGHT, UP AND DOWN BUMPS TO THE LEFT

- 1-2 Step forward diagonal on right foot, as you bump right hip up, down
- 3-4 Bump right hip up, bump right hip down, (weight on right foot)
- 5-6 Step forward diagonal on left foot as you bump left hip up, down
- 7-8 Bump left hip up, bump left hip (weight on left foot)

ROCK STEP FORWARD, ROCK STEP BACK, STEP ½ PIVOT TO LEFT STEP ½ PIVOT TO LEFT

- 1-2 Step rock right foot forward, shift rock onto left foot
- 3-4 Step rock right foot back, shift rock onto left foot
- 5-6 Step right foot forward, on balls of both feet, pivot ½ turn left
- 7-8 Step right foot forward, on balls of both feet, pivot ½ turn left

TWO TOE STRUTS, TWIST FORWARD

- 1-2 Step right toe forward, drop right heel
- 3-4 Step left toe forward, drop left heel
- 5 Step right foot forward crossing left, slightly twisting to left
- 6 Step left foot forward crossing right, slightly twisting to right
- 7 Step right foot forward crossing left, slightly twisting to left
- 8 Step right foot forward crossing left, slightly twisting to right

ROCK STEP FORWARD, ROCK STEP BACK, STEP ½ PIVOT TO LEFT, WALK, WALK

- 1-2 Step rock right foot forward, shift rock onto left foot
- 3-4 Step rock right foot back, shift rock onto left foot
- 5-6 Step right foot forward, on balls of both feet, pivot ½ turn left
- 7-8 Walk forward right, left

REPEAT