

# The Shake

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Noel Bradey (AUS) & Jan Wise (AUS)

Musik: The Shake - Neal McCoy



## **SIDE SHUFFLE LEFT, CROSS-STEP & SHIMMY, SIDE-SHUFFLE RIGHT, CROSS-STEP & SHIMMY**

- 1&2 Step left to left, step right together with left, step left to left
- 3&4 Step forward on right at 45 degrees across left while shimmying shoulders forward, back, forward
- 5&6 Step right to right, step left together with right
- 7&8 Step right to right, step forward on left at 45 degrees across right while shimmying shoulders forward, back, forward

## **TOE HEEL-STEPS BACKWARDS WITH "COME ON" HANDS**

(With both hands out in front beckon towards yourself with fingers on each beat)

- 9-10 Touch left toe back at 45 degrees, step down on left foot
- 11-12 Touch right toe back at 45 degrees, step down on right foot
- 13-16 Touch left toe back at 45 degrees, step down on left foot, step right next to left, hold (weight on left)

## **STEP RIGHT SIDE & SHIMMY, STEP LEFT SIDE & SHIMMY, FORWARD RIGHT & SHIMMY, BACK LEFT & SHIMMY**

- 17-20 While shimmying shoulders: step right to right side, hold, step left together right, hold
- 21-24 While shimmying shoulders: step left to left side, hold, step right together left, hold
- 25-28 While shimmying shoulders: step forward on right, hold, step left together right, hold
- 29-32 While shimmying shoulders: step back on left, hold, step right together left, hold

## **SHUFFLE FORWARD, SHUFFLE TURN, WALK BACK AND KICK-REPEAT**

- 33&34 Step forward on right, step left together & slightly behind right, step forward on right
- 35&36 Step forward on left turning ½ turn right

## **STEP BACK ON RIGHT TOGETHER AND SLIGHTLY IN FRONT OF LEFT, STEP BACK ON LEFT**

- 37-40 Step back on right, step back on left, step back on right, kick left forward
- 41&42 Step forward on left, step right together & slightly behind left, step forward on left
- 43&44 Step forward on right turning ½ turn left

## **STEP BACK ON LEFT TOGETHER AND SLIGHTLY IN FRONT OF RIGHT, STEP BACK ON RIGHT**

- 45-48 Step back on left, step back on right, step back on left, kick right forward

## **ONE & QUARTER ROLLING VINE RIGHT, MONTEREY TURNS, SIDE TAPS**

- 49-52 While traveling to right turn 1-¼ turns to the right, stepping right-left-right-left (finish weight left)
- 53-56 Point right to right side, step right together with left as you turn ½ turn right point left to left side, step left together with right
- 57-60 Point right to right side, step right together with left as you turn ½ turn right point left to left side, touch left together with right (weight finish right)
- 61-64 Step left to left side, touch right together left, step right to right side, touch left together right

## **REPEAT**

On walls 2 and 4, add the following tag after count 64

- 65-66 Step forward on left at 45 degrees, touch right next to left and clap
- 67-68 Step back on right at 45 degrees, touch left next to right and clap

69-70 Step back on left at 45 degrees, touch right next to left and clap  
71-72 Step forward on right at 45 degrees, touch left next to right and clap  
**Dance ends shuffle left & shimmy, then shuffle right with  $\frac{1}{4}$  turn right and shimmy**

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