|  |  |
| --- | --- |
| Shake It Up |  |

.

|  |
| --- |
| . |
| **Count:** | 48 | **Wall:** | 2 | **Level:** | Newcomer + | . |
| **Choreographer:** | Karine Moya (FR) - November 2017 |
| **Music:** | Shake It Up - Ringo Starr : (Album: Give More Love) |
| . |

**Intro : 16 Temps**

**Options just for FUN**

**Section 1 : (DIAGONALY) : STEP FWD, TOUCH (CLAP), STEP BACK, TOUCH (CLAP), ¼ TURN LEFT STEP BACK, TOUCH (CLAP), STEP FWD, TOUCH (CLAP)**

|  |  |
| --- | --- |
| 1 2 | Step R diagonal R fwd, Touch L next to R & clap (1h30) |

|  |  |
| --- | --- |
| 3 4 | Step L back diagonal L back , Touch R next to L & clap |

|  |  |
| --- | --- |
| 5 6 | ¼ turn L Step R diagonal R back, Touch L next to R & clap (10h30) |

|  |  |
| --- | --- |
| 7 8 | Step L diagonal L forward (7), Touch R next to L & clap (8) |

**Option section 1 : Shimmy Shoulders : Walls 4, 8 & 9 no Claps**

**Section 2 : DIAGONALY STEP, HOLD, ½ TURNING SWIVEL**

|  |  |
| --- | --- |
| 1 2 | Diagonaly Step forward on right foot, Hold (1h30) |

|  |  |
| --- | --- |
| 3 | Swivel both heels to the right, turning a ¼ to the left (bend knees at the same time) (10h30) |

|  |  |
| --- | --- |
| 4 | Swivel both heels to the left, turning 1/8 to the right (while straightening legs) (12h) |

|  |  |
| --- | --- |
| 5 | Swivel both heels to the right, turning a 3/8 to the left (bend knees at the same time) (7h30) |

|  |  |
| --- | --- |
| 6 | Swivel both heels to the left, turning 1/4 to the right (while straightening legs) (10h30) |

|  |  |
| --- | --- |
| 7 | Swivel both heels to the right, turning 3/8 to the left (bend knees at the same time) (6h00) |

|  |  |
| --- | --- |
| 8 | Swivel both heels to the left, turning 1/8 to the right (while straightening legs) (7h30)(Weight on RF) |

**Option : Wall 7, raise your arms to the side shaking your palms during 6 counts**

**Section 3 : STRUTTING JAZZ BOX CROSS,**

|  |  |
| --- | --- |
| 1 2 | Touch L Toe over RF, Drop L Heel |

|  |  |
| --- | --- |
| 3 4 | Touch R Toe back, Drop R Heel |

|  |  |
| --- | --- |
| 5 6 | Touch L Toe to the L side , Drop L Heel |

|  |  |
| --- | --- |
| 7 8 | Touch R Toe over L, Drop R Heel |

**Option : Shimmiy Shoulders : Walls 4, 8 & 9 during the Jazzbox**

**Section 4 : (DIAGONALY SIDE TOE STRUT , CROSS TOE STRUT) X2 WIITH SNAPPING FINGERS DOWN DIAGONALY**

|  |  |
| --- | --- |
| 1-2 | 1/8 turn R Touch L Toe to the L side , Drop L Heel (Snap fingers diagonally R down) |

|  |  |
| --- | --- |
| 3 4 | Touch R Toe over L, Drop R Heel (Snap fingers diagonally R down) |

|  |  |
| --- | --- |
| 5 6 | Touch L Toe to the L side , Drop L Heel (Snap fingers diagonally R down) |

|  |  |
| --- | --- |
| 7 8 | Touch R Toe over L, Drop R Heel (Snap fingers diagonally R down) |

**Option : Wall 7 ,Climb the 2 arms in the air on the accounts 3 and 7 and down on the accounts 4 and 8**

**Section 5: KICK, BEHIND SIDE CROSS, KICK,BEHIND SIDE SIDE**

|  |  |
| --- | --- |
| 1 2 3 4 | LF Kick diagonal L Fwd, LF Cross Behind RF, RF Step to the R side, LF Cross over RF |

|  |  |
| --- | --- |
| 5 6 7 8 | RF Kick diagonal R Fwd, RF Cross Behind LF, LF Step to the L side, RF Step to the R side |

**Section 6: CCW HIP BUMPS (L, BACK , R) TOGETHER, SYNCOPATED SPLIT (Out Out In In)**

|  |  |
| --- | --- |
| 1 2 3 4 | Hip bump L, Hip bump back, Hip bump R, Together |

|  |  |
| --- | --- |
| &5&6 | Step ball of R to R side (Out), Step ball of L to L side (Out), Step ball of R in place (In), Step ball of L in place (In) |

|  |  |
| --- | --- |
| &7&8 | Step ball of R to R side (Out), Step ball of L to L side (Out), Step ball of R in place (In), Step ball of L in place (In)(Weight LF) |

**Contact : karimo66@orange.fr**