|  |  |
| --- | --- |
| Shake Me |  |

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| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 48 | **Wall:** | 4 | **Level:** | Improver | . |
| **Choreographer:** | Helen Owen (UK) - January 2018 | | | | |
| **Music:** | You Still Shake Me - Deana Carter | | | | |
| . | | | | | | |

**Start on 16 counts**

**S1 [1-8] WALK RIGHT, LEFT, RIGHT, KICK, WALK BACK LEFT, RIGHT, LEFT COASTER STEP**

|  |  |
| --- | --- |
| 1-2 | walk forward right (1) walk forward left (2) |

|  |  |
| --- | --- |
| 3-4 | walk forward right (3) kick left foot forward (4) |

|  |  |
| --- | --- |
| 5-6 | walk back left (5) walk back right (6) |

|  |  |
| --- | --- |
| 7&8 | step back left (7) step right next to left (&) step forward left (8) |

**S2 [9-16] GRAPEVINE RIGHT, BRUSH, GRAPEVINE LEFT, ¼ LEFT, BRUSH**

|  |  |
| --- | --- |
| 1-2 | step right to right side (1) cross left behind right (2) |

|  |  |
| --- | --- |
| 3-4 | step right to right side (3) brush left foot forward (4) |

|  |  |
| --- | --- |
| 5-6 | step left to left side (5) cross right behind left (6) |

|  |  |
| --- | --- |
| 7-8 | make ¼ turn left stepping forward left (7) brush right foot forward (8) |

**S3 [17-24] SHIMMY RIGHT, SHIMMY LEFT**

|  |  |
| --- | --- |
| 1-2 | step wide right to right side [shimmy shoulders] (1-2) |

|  |  |
| --- | --- |
| 3-4 | step left to right foot (3-4) |

|  |  |
| --- | --- |
| 5-6 | step wide left to left side [shimmy shoulders] (5-6) |

|  |  |
| --- | --- |
| 7-8 | step right to left foot (7-8) |

**S4 [25-32] ROLLING VINE RIGHT, ROLLING VINE LEFT**

|  |  |
| --- | --- |
| 1-2 | turn ¼ right and step forward on right (1) turn ¼ right and step left to left side (2) |

|  |  |
| --- | --- |
| 3-4 | turn ½ right and step right to right side (3) touch left next to right (4) |

|  |  |
| --- | --- |
| 5-6 | turn ¼ left and step forward on right (5) turn ¼ left and step right to right side (6) |

|  |  |
| --- | --- |
| 7-8 | turn ½ left and step left to left side (7) touch right next to left (8) |

**S5 [33-40] 2x RIGHT KICK BALL CHANGE, 2X ⅙ LEFT PADDLES**

|  |  |
| --- | --- |
| 1&2 | kick right foot forward (1) step right in place (&) step left in place (2) |

|  |  |
| --- | --- |
| 3&4 | kick right foot forward (3) step right in place (&) step left in place (4) |

|  |  |
| --- | --- |
| 5-6 | step right forward (5) pivot ⅙ turn left {face 7 o'clock} (6) |

|  |  |
| --- | --- |
| 7-8 | step right forward (7) pivot ⅙ turn left {face 5 o'clock} (8) |

**S6 [41-48] 1x ⅙ LEFT PADDLE, RIGHT JAZZ BOX, OUT-OUT, IN-IN**

|  |  |
| --- | --- |
| 1-2 | step right forward (1) pivot ⅙ turn left {face 3 o'clock} (2) |

|  |  |
| --- | --- |
| 3-4 | cross right over left (3) step back on left (4) |

|  |  |
| --- | --- |
| 5-6 | step right to right side (5) step left forward (6) |

|  |  |
| --- | --- |
| &7&8 | step right foot out (&) step left foot out (7) step right foot in place (&) step left foot in place (8) |

**End of walls 3 and 5, there is a 4-count Tag.**

**TAG: 4 SWAYS - R, L, R, L**

|  |  |
| --- | --- |
| 1-2 | sway hips to the right (1) sway hips to the left (2) |

|  |  |
| --- | --- |
| 3-4 | sway hips to the right (3) sway hips to the left (4) |

**Enjoy! xx**

**Email: helen@heels-and-toes.co.uk**

**Last Update – 16th Jan. 2018**