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| Shake it Up |  |

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| **Count:** | 64 | **Wall:** | 2 | **Level:** | Improver | . |
| **Choreographer:** | Debbie Nishiki (USA) - January 2019 | | | | |
| **Music:** | Shake It Off - Taylor Swift : (Album: 1989) | | | | |
| . | | | | | | |

**Intro: 16 counts – start dance with lyrics**

**S1 (1-8) Grapevine R L**

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| 1-2-3-4 | Step R to R side, cross L behind R, Step R to R side, touch L next to R (12:00) |

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| 5-6-7-8 | Step L to L side, cross R behind L, Step L to L side, touch R next to L (12:00) |

**S2 (1-8) Step Quarter Jazz Box (slow)**

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| 1-2 | Step forward on R (Hold) (12:00) |

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| 3-4 | Step with L over R (Hold) (12:00) |

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| 5-6 | Step back quarter on R (Hold) (9:00) |

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| 7-8 | Step L to L side (Hold) (9:00) |

**S3 (1-8) R Swivet (x2) L Swivet (x2) (Optional: 2 R Fans, 2 L Fans)**

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| 1-2-3-4 | Swivel on ball of L moving heel to L & swivel on R heel moving R toe to R, Return L heel and R toe (9:00) |

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| 5-6-7-8 | Swivel on ball of R moving heel to R & swivel on L heel moving L toe to L, Return R heel and L toe (9:00) |

**S4 (1-8) Hip Rolls for “8” counts to the L (fast with styling)**

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| --- | --- |
| 1-8 | Roll hips counter clockwise making quarter to Left walk R,L,R,L,R,L,R,L (6:00) |

**(Restart – Wall 3)**

**S5 (1-8) 2 Half Turn Montereys**

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| 1-2-3-4 | Point R to R side, ½ turn R bringing R next to L (6:00) Point L to L side, step L next to R (12:00) |

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| 5-6-7-8 | Point R to R side, ½ turn R bringing R next to L (12:00) Point L to L side, step L next to R (6:00) |

**S6 (1-8) Step R out, Step L out, Step R in, Step L in**

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| 1-2, 3-4 | Step Diagonal forward R (2 cts), Step Diagonal forward L (2 cts) (6:00) |

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| 5-6, 7-8 | Step R back (2 cts), Step L back (2 cts) (6:00) |

**S7 (1-8) ¼ Side, Step, ¼ Back, Together (repeat)**

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| --- | --- |
| 1-2-3-4 | (Turn ¼ L) Step R to R side (on R Diagonal), Recover L, Step R next to L (hold for ct 4) (6:00) |

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| --- | --- |
| 5-6-7-8 | (Turn ¼ R) Step L to L side (on L Diagonal), Recover R, Step L next to R (hold for ct 8) (6:00) |

**S8 (1-8) Slide to R for 4 counts (with shimmy), Slide L for 4 counts (with shimmy)**

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| 1-2-3-4 | Take a long step to R, drag L next to R (6:00) |

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| 5-6-7-8 | Take a long step to L, drag R next to L (6:00) |

**(Start again)**

**Restart: Wall 3 after 32 counts**

**Tag: End of Wall 7 (6:00)**

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| 1-2-3-4 | Stomp on R, Stomp on L |

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| 5-6-7-8 | Double hip bumps to the R and double hip bumps to the L |

**Ending: End of Wall 9 facing 6:00, cross Step L behind R, unwind ½ turn L to face the front (12:00) and strike a pose!!**

**Enjoy y'all!!!!!!!**