|  |  |
| --- | --- |
| U Shake It |  |

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| --- |
| . |
| **Count:** | 0 | **Wall:** | 1 | **Level:** | Improver east coast swing | . |
| **Choreographer:** | Judy Cain (USA) |
| **Music:** | The Shake - Neal McCoy |
| . |

**Sequence: AA BB CC D, AA BB CC D, AA BB CC D BBBB**

**PART A**

**VINE LEFT & RIGHT**

|  |  |
| --- | --- |
| 1-4 | Step left to left, right behind, left to left, scuff right forward |

|  |  |
| --- | --- |
| 5-8 | Step right to right, left behind, right to right, scuff left forward |

**STEP SCUFF FORWARD**

|  |  |
| --- | --- |
| 9-12 | Step left forward & scuff right, step right forward & scuff left |

|  |  |
| --- | --- |
| 13-16 | Step left forward & scuff right, step right forward & scuff left |

**HEEL SWITCHES TRAVELING BACKWARDS**

|  |  |
| --- | --- |
| 17&18& | Step back on left, tap right heel forward, step back on right, tap left heel forward |

|  |  |
| --- | --- |
| 19&20 | Step back on left. Tap right heel forward, clap on count 4 |

|  |  |
| --- | --- |
| 21&22 | Step back on right, tap left heel forward, step back on left, tap right heel forward |

|  |  |
| --- | --- |
| 23&24 | Step back on right, tap left heel forward, clap on count 4 |

**HIP ROLLS**

|  |  |
| --- | --- |
| 25-32 | Step left forward and roll hips forward and down, back and up repeat three more times |

**PART B**

**SHAKE**

**Have fun & be creative here**

|  |  |
| --- | --- |
| 1-2 | Step left to left, shimmy shoulders or shake hips for 2 counts |

|  |  |
| --- | --- |
| 3-4 | Right touch beside left, clap |

|  |  |
| --- | --- |
| 5-6 | Step right to right, shimmy shoulders or shake hips for 2 counts |

|  |  |
| --- | --- |
| 7-8 | Left touch beside right, clap |

**STEP TAPS/FULL RIGHT TURN**

|  |  |
| --- | --- |
| 9-10 | Step left forward & touch right next to left |

|  |  |
| --- | --- |
| 11-12 | Step right back making a right ½ turn, touch left next to right |

|  |  |
| --- | --- |
| 13-14 | Step left forward & touch right next to left |

|  |  |
| --- | --- |
| 15-16 | Step right back making a ½ right turn, touch left next to right |

**PART C**

**FORWARD ANGLE WALKS/BACKWARD STEP TAPS**

|  |  |
| --- | --- |
| 1-4 | Left forward (angle toward left corner), right beside left, left forward, touch right beside left |

|  |  |
| --- | --- |
| 5-8 | Right back, touch left next to left, left back, touch right next to left |

|  |  |
| --- | --- |
| 9-12 | Right forward (angle toward right corner), left beside, right forward, touch left beside right |

|  |  |
| --- | --- |
| 13-16 | Left back, touch right next to left, right back, touch left next to right |

**PART D**

**HEEL SPLITS, HEEL STEP**

|  |  |
| --- | --- |
| 1-4 | Split heels apart & close together, tap left heel forward and step beside right |

|  |  |
| --- | --- |
| 5-8 | Split heels apart & close together. Tap right heel forward and step beside left |