|  |  |
| --- | --- |
| Couple-A-Shakes |  |

.

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| . | | | | | | |
| **Count:** | 64 | **Wall:** | 0 | **Level:** |  | . |
| **Choreographer:** | Sue Halliday (USA) | | | | |
| **Music:** | The Shake - Neal McCoy | | | | |
| . | | | | | | |

**HEEL SWIVELS WITH HIP BUMPS**

|  |  |
| --- | --- |
| 1-4 | Bending knees slightly, swivel heels to the left while bumping hips to the left four times |

|  |  |
| --- | --- |
| 5-8 | With knees bent, swivel heels to the right, while bumping hips to the right four times |

**DIAGONAL VINES, SCUFF**

|  |  |
| --- | --- |
| 9 | Step forward and diagonally to the left on left foot |

|  |  |
| --- | --- |
| 10 | Step right foot behind left heel |

|  |  |
| --- | --- |
| 11 | Step forward and diagonally to the left on left foot |

|  |  |
| --- | --- |
| 12 | Scuff right foot forward |

|  |  |
| --- | --- |
| 13 | Step forward an diagonally to the right on right foot |

|  |  |
| --- | --- |
| 14 | Step left foot behind right heel |

|  |  |
| --- | --- |
| 15 | Step forward an diagonally to the right on right foot |

|  |  |
| --- | --- |
| 16 | Scuff left foot forward |

**HEEL SWIVELS WITH HIP BUMPS**

**The following four beats are done while slowly bending knees**

|  |  |
| --- | --- |
| 17-18 | Swivel heels to the left and bump hips to the left twice |

|  |  |
| --- | --- |
| 19-20 | Swivel heels to the right and bump hips to the right twice |

**The following four beats are done while slowly straightening knees**

|  |  |
| --- | --- |
| 21-22 | Swivel heels to the left and bump hips to the left twice |

|  |  |
| --- | --- |
| 23-24 | Swivel heels to the right and bump hips to the right twice |

**SHUFFLE FORWARD**

|  |  |
| --- | --- |
| 25&26 | Shuffle forward, left-right-left |

|  |  |
| --- | --- |
| 27&28 | Shuffle forward, right-left-right |

|  |  |
| --- | --- |
| 29-32 | Repeat counts 25-28 |

**CROSS STEPS, HOLD**

|  |  |
| --- | --- |
| 33 | Cross left foot over right and step |

|  |  |
| --- | --- |
| 34 | Hold |

|  |  |
| --- | --- |
| 35 | Cross right foot over left and step |

|  |  |
| --- | --- |
| 36 | Hold |

|  |  |
| --- | --- |
| 37-40 | Repeat counts 33-36 |

**TO THE RIGHT MILITARY PIVOTS, JAZZ SQUARE**

**Release left hands and raise right hands**

|  |  |
| --- | --- |
| 41 | Step forward on left foot |

|  |  |
| --- | --- |
| 42 | Pivot ½ turn to the right on ball of left foot and shift weight to right foot |

|  |  |
| --- | --- |
| 43-44 | Repeat counts 41 & 42 |

**Rejoin left hands returning to right side-by-side position facing LOD**

|  |  |
| --- | --- |
| 45 | Cross left foot over right and step |

|  |  |
| --- | --- |
| 46 | Step back onto right foot in place |

|  |  |
| --- | --- |
| 47 | Step slightly to the left on left foot |

|  |  |
| --- | --- |
| 48 | Step right foot next to left |

**SIDE STEP-SLIDES, STEP TOUCHES**

|  |  |
| --- | --- |
| 49 | Step to the left on left foot |

|  |  |
| --- | --- |
| 50 | Slide right foot over next to left and step |

|  |  |
| --- | --- |
| 51 | Step to the left on left foot |

|  |  |
| --- | --- |
| 52 | Touch right toe next to left foot |

|  |  |
| --- | --- |
| 53 | Step to the right on right foot |

|  |  |
| --- | --- |
| 54 | Slide left foot over next to right and step |

|  |  |
| --- | --- |
| 55 | Step to the right on right foot |

|  |  |
| --- | --- |
| 56 | Touch left toe next to right foot |

**TO THE RIGHT MILITARY PIVOTS, STOMPS, HIP BUMPS WITH HEEL SWIVELS**

**Release left hands and raise right hand**

|  |  |
| --- | --- |
| 57 | Step forward on left foot |

|  |  |
| --- | --- |
| 58 | Pivot ½ turn to the right on ball of left foot and shift weight to right foot |

|  |  |
| --- | --- |
| 59-60 | Repeat counts 57-58 |

**Rejoin left hands returning to right side-by-side position facing LOD**

|  |  |
| --- | --- |
| 61 | Stomp left foot next to right |

|  |  |
| --- | --- |
| 62 | Stomp right foot next to left |

|  |  |
| --- | --- |
| 63 | Swivel heels to the right while bumping hips to the right |

|  |  |
| --- | --- |
| 64 | Swivel heels to the left while bumping hips to the left |

**REPEAT**