Shake Rumble and Quake

Count: 64 **Wall:** 4 **Level:** Intermediate
Choreographer: Alison Metelnick (UK) & Peter Metelnick (UK) - October 2017
Music: Shake Rumble and Quake (feat. Latif) - Bonti

Start after 32 count intro – 14 seconds – 82bpm – 3mins 27secs
Music Available: Amazon

[1-8] R side tap 3x, R diagonal kick, R behind-side-cross, hold

1-4	Tap R toes slightly right side, tap R toes farther right, tap R toe farther right, kick R on right diagonal
5-8	Cross step R behind L, step L side, cross step R over L, hold

[9-16] L toes strut, R cross strut, L diagonal kick, L behind-1/4 R-L fwd

1-4	Touch L toes left side, step L heel down, cross touch R toes, step R heel down
5-8	Kick L on left diagonal, cross step L behind R, turning ¼ right step R forward, step L forward (3 o'clock)

[17-24] R fwd, hold, L fwd, ½ R pivot turn, L fwd, hold, R fwd, ½ L pivot turn

1-4	Step R forward, hold, step L forward, pivot ½ right (9 o'clock)
5-8	Step L forward, hold, step R forward, pivot ½ left (3 o'clock)

[25-32] ¼ L & R side, hold, L rock back/recover, L side, hold, R rock back/recover

1-4	Turning ¼ left step R side (12 o'clock), hold, rock L back, recover weight on R
5-8	Step L side, hold, rock R back, recover weight on L (in 3rd position – the heel of your front foot touches the arch of your back foot, L toes pointed to L diagonal, R toes pointed to R diagonal)

[33-40] R beside L (toes in, heels out), travelling applejack R 2, hold & clap, L cross rock/recover, L side, hold

1	Step R beside L (both feet making a V shape – toes out, heels in)
2	With weight on L heel and R toes turn L toes in and R heel out
3	With weight on L toes and R heel turn L heel in and R toes out ending with weight on R
4	Hold & clap
5-8	Cross rock L over R, recover weight on R, step L side, hold

Non-applejack version:

1-4	Step R side, twist both heels R, twist both toes R, hold & clap

[41-48] R jazz box with toes struts, L fwd, ¼ R pivot turn

1-4	Cross touch R toes over L, step R heel down, touch L toes back, step L heel down
5-8	Touch R side, step R down, step L forward, pivot ¼ right (3 o'clock)

[49-56] R weave 5, R side mambo

1-4	Cross step L over R, step R side, cross step L behind R, step R side
5-8	Cross step L over R, rock R side, recover weight on L, step R together

[57-64] L side mambo, hold, R fwd, ½ L pivot turn, R fwd, L together

1-4	Rock L side, recover weight on R, step L together, hold (weight on L)
5-8	Step R forward, pivot ½ left (9 o'clock), step R forward, step L together

TAG: At the end of wall 2 facing back wall, dance the following:

1-4	Step R fwd, hold & clap, pivot ½ left, hold & clap
5-8	Step R fwd, hold & clap, pivot ½ left, hold & clap (6 o'clock)

Ending: Dance will end facing front wall. At end of 8th wall simply step R fwd and Shake Rumble and Quake.

Contact Email: info@thedancefactoryuk.co.uk - Website: www.thedancefactoryuk.co.uk

NOTE: Can you please submit all videos to us for approval before sending links to this site. Thanks A&P