Shake It Off

Count: 64 **Wall:** 2 **Level:** Improver
Choreographer: Karolina Ullenstav (SWE) - July 2018
Music: Shake It Off - Taylor Swift

This is a fun dance where it's important that you use your hands and body to "shake it off" as much as possible and have fun while doing it! I explain the hand and body movements in detail below.

Restart in wall 2 and 5 after 32 counts
Tag (8 counts: hip bumps right and left) and Restart in wall 8 after 32 counts
Intro 16 counts, BPM 160

Section 1: Bouncing steps forward with shifting weights to RF and LF lifting your arm and shaking your hand at the same time

1,2	RF bouncing step forward (weight on RF) with right arm lifted, right hand shaking and LF touch beside RF
3,4	LF bouncing step forward (weight on LF) with left arm lifted, left hand shaking and RF touch beside LF
5,6	RF bouncing step forward (weight on RF) with right arm lifted, right hand shaking and LF touch beside RF
7,8	LF bouncing step forward (weight on LF) with left arm lifted, left hand shaking and RF touch beside LF

Section 2: Side steps right and left with shaking of your hands to the right and to the left

1	RF step right
2	LF step beside RF
3	RF step right
4	LF touch beside RF
5	LF step left and shake both your hands one time to the right
6	RF touch beside LF and shake both your hands one more time to the right
7	RF step right and shake both your hands one time to the left
8	LF touch beside RF and shake both your hands one more time to the left

Section 3: Side steps left and right ending with clapping your hands to the right and to the left

1	LF step left
2	RF step left
3	LF step left
4	RF touch beside LF
5	RF step right
6	LF touch beside RF and clap to the right
7	LF step left
8	RF touch beside LF and clap to the left

Section 4: Paddle turn ½ left, long sliding step right and left while you're lifting your arms pointing left and right

1	RF step forward
2	Paddle turn ¼ left
3	RF step forward
4	Paddle turn ¼ left
5	RF long sliding step right while you lift both your arms and point to the left
6	LF touch beside RF still pointing your arms to the left
7	LF long sliding step left while you lift both your arms and point to the right
8	RF touch beside LF still pointing your arms to the right

Section 5: Heel and toe swivel steps right ending with weight change and touch and brushing off both your shoulders

1	Twist RF and LF heel right
2	Twist RF and LF toe right
3	Twist RF and LF heel right
4	Hold
5,6	LF bouncing step left (weight on LF), RF touch beside LF, brushing left shoulder off x 2
7,8	RF bouncing step right (weight on RF), LF touch beside RF, brushing right shoulder off x 2

Section 6: Heel and toe swivel steps left ending with weight change and touch and brushing off both your shoulders

1	Twist RF and LF heel left
2	Twist RF and LF toe left
3	Twist RF and LF heel left
4	Hold
5,6	RF bouncing step right (weight on RF), LF touch beside RF, brushing right shoulder off x 2
7,8	LF bouncing step left (weight on LF), RF touch beside LF, brushing left shoulder off x 2

Section 7: Step forward while you slightly bend forward and do shimmies (shake your shoulders and chest) at the same time and then step back slightly leaning back and do shimmies

1-4	RF step forward while you slightly bend forward and do shimmies (shake your shoulders and chest)
5-8	RF step back while you slightly lean back and do shimmies

Section 8: Step forward while you slightly bend forward and do shimmies (shake your shoulders and chest) at the same time and then step back slightly leaning back and do shimmies

1-4	RF step forward while you slightly bend forward and do shimmies (shake your shoulders and chest)
5-8	RF step back while you slightly lean back and do shimmies

Have fun with all the shaking off!!
