

# M & J SHAKE

**Count:** 44      **Wall:** 4      **Level:** beginner

**Choreographer:** Jesse Smith

**Music:** **The Shake** by Neal McCoy



## VINES, SCUFFS

- 1 Step to the right on right foot
- 2 Cross left foot behind right and step
- 3 Step to the right on right foot
- 4 Scuff left foot forward
- 5 Step to the left on left foot
- 6 Cross right foot behind left and step
- 7 Step to the left on left foot
- 8 Scuff right foot forward

## WALK FORWARD, HITCH, WALK BACK, TURN, HITCH

- 9 Walk forward on right foot
- 10 Walk forward on left foot
- 11 Walk forward on right foot
- 12 Hitch left knee
- 13 Walk back on left foot
- 14 Walk back on right foot
- 15 Walk back on left foot making a  $\frac{1}{4}$  turn to the left
- 16 Hitch right knee

## STEPS BACK, HOLDS WITH CLAPS

- 17 Step back on right foot
- 18 Hold and clap hands
- 19 Step back on left foot
- 20 Hold and clap hands
- 21-24 Repeat counts 17-20

## SIDE TOE TOUCHES

- 25 Touch right toe to the right
- 26 Step right foot next to left
- 27 Touch left toe to the left
- 28 Step left foot next to right
- 29-32 Repeat counts 25-28

## HIP BUMPS

- 33-34 Bump hips to the left twice
- 35-36 Bump hips to the right twice
- 37 Bump hips to the left
- 38 Bump hips to the right
- 39-40 Repeat counts 37 and 38
- 41 Bump hips back
- 42 Bump hips to the right

43

Bump hips forward

44

Bump hips to the left

**REPEAT**