The Shake

Count: 64	**Wall:** 2	**Level:**

Choreographer: Mark Simpkin (AUS)

Music: The Shake - Neal McCoy

(The first 16 counts should be done using the hips)

1-4	Step forward at 45 degrees left on ball of left foot & roll left knee to the left twice
5-8	Step forward at 45 degrees right on ball of right foot & roll right knee to the right twice
1-4	Step left forward with heel in, step right forward with heel in & swivel left heel to left, step left forward turning ¼ turn left swiveling right heel to right, hold
5-8	Step forward on right to face front swiveling left heel left, step forward on left with heel in & swivel right heel to right, step forward on right turning ¼ turn right swiveling left heel left, hold

(The next 8 counts should be done with a bouncing motion)

1-4	Kick left foot forward, swing left foot back, pivot on right ½ turn left kicking left forward, hop onto left swinging right foot to the back
5-8	Kick right foot forward, swing right foot back, pivot on left ½ turn right kicking right foot forward, hop onto right swinging left foot to the back
1-4	Step forward on left, pivot ¼ turn right, shuffle forward left-right-left
5-8	Step forward on right, pivot ½ turn left, shuffle forward right-left-right
1-4	Kick left forward at 45 degrees left, step left behind right, kick right forward at 45 degrees right, step right behind left
5-8	Twist both heels left turning ¼ turn right, twist both heels right turning ¼ turn left stomp right beside left, stomp left beside right
1-4	Kick right forward at 45 degrees right, step right behind left, kick left forward at 45 degrees left, step left behind right
5-8	Twist both heels right turning ¼ turn left, twist both heels left turning ¼ turn right, stomp left beside right, stomp right beside left
1-4	Step forward on left, step forward on right, turning ¼ turn left, shuffle back left-right-left
5-8	Kick right, ball change right, left, step forward on right turning ¼ turn right, step left beside right
1-4	Vine to right-right-left-right turning a full turn right & touch left beside right
5-8	Vine to left-left-right-left turn ½ turn left on 3rd beat, step right to right side

REPEAT

Whenever the sequence finishes at the front wall, a further 8 counts is added to fit in with the music-as follows:

1-8	Step forward on left, pivot ¼ right-repeat this three more times to total a full turn to the right (paddle turn)