## Twist It Shake It

Count: 216
Wall: 1
Level: Advanced
Choreographer: Lilian Lo (HK) - May 2015
Music: Shake a Tail Feather - The West End Orchestra \& Singers : (Album: The Blue Brothers, The Musical Collection)

Music available from (iTunes, Amazon.co.uk and Amazon.com)
A - 32 counts || Tag - 4 counts || B-80 counts || C-104 counts
Sequence: A, A, Tag, B, B, A, C, B-, B-, B-
Count in: After 32 counts of vocal [0:17] at the word 'KNOW'.
The step sheet may look daunting but descriptions are vastly repetitions. You can do it.
Part A - 32 counts
$A(1-8) 1 / 4 L$, shuffle, full turn $R$
1234 Make $1 / 4$ turn L, stepping LF fwd (1), hold (2), cross RF behind LF (3), hold (4) @9:00
5678 Step LF fwd (5), cross RF behind LF (6), step LF fwd (7), make full turn R (8)
Extend arms outward (1, 2), put hands on hips (3, 4),do hand roll (5-8)
A(9-16) Shuffle, 3/4L
1234 Step RF fwd (1), hold (2), cross LF behind RF (3), hold (4)
567 8\& Step RF fwd (5), cross LF behind RF (6), step LF fwd (7), hold (8), make $3 / 4$ turn L (\&)
Same arm actions
A(17-24) Out, out, hip L, hip R, body roll
1234 Step LF out (1), hold (2), step RF out (3), hold (4) @12:00
5678 Swing hips to $L(5)$, swing hips to $R(6)$, fwd body roll $(7,8)$
Put $L$ hand out to side shaking (1, 2), put $R$ hand out shaking ( 3,4 ), bring $L$ hand in and Fwd (5), bring $R$ hand on top of $L$ hand $(6)$, comb hair with both hands $(7,8)$

A(25-32) Body roll, back rock, chasse, scuff, $1 / 2$ R, LF tap
1234 Continue body roll (1, 2), rock RF back (3), replace (4)
5\&6,7\&8 Step RF to side (5), close LF (\&), step RF to side (6), scuff LF (7), $1 / 2$ turn R, hitching LF (\&), tap LF to side (8) @6:00
Slide hands down the body (1, 2), swing arms to L (3, 4), draw anti-clockwise circle (5\&6)
The 3rd time in Part A (before C), NO NEED to make $1 / 2$ turn R on the above scuff (7), hitch (\&), tap (8).
Remain at FRONT Wall.
Tag - 4 counts
(1-4) Swing hips R, L, R, R
12 3\&4 Swing hips R (1), swing hips L (2), swing hips R (3), swing hips L (\&), swing hips R (4) @12:00
Swing arms R (1), swing arms L (2), swing arms R (3), draw anti-clockwise circle (\&) Swing arms R (4)
Part B-80 counts
$B(1-8)$ Twist, hold, twist, shimmy
1234 Keep weight on RF, twisting L heel out (1), in (2) hold (3, 4)
5678 twist $L$ heel out, in out (5-7), lower $L$ heel (8)
Arms swing L (1), swing $R(2)$, swing $L, R, L, R(5-8)$
B(9-16) Twist, shimmy
$\begin{array}{ll}1234 & \text { Keep weight on LF, twisting } R \text { heel in, out, in ( } 1-3 \text { ), lower } R \text { heel (4) } \\ 5678 & \text { Shimmy, bending diagonal } R \text { fwd ( } 5-8 \text { ) }\end{array}$

Arms swing L, R, L, R(1-4)
$B(17-24) 11 / 4 L$, sweep, push hips fwd, push hips back
12 Make $1 / 4$ turn $L$, stepping $L F$ fwd (1), make $1 / 2$ turn $L$, stepping RF back (2), make $1 / 2$ turn $L$,
345 Step LF fwd (3) , sweep (4), cross RF fwd , bending knees, thrusting hips fwd (5) @9:00
$678 \quad$ Hold (6), step LF back, pushing hips back (7), hold (8)
Bring arms to both sides of hips (5), push arms fwd (7)
B(25-32) Cross back, tap, cross back, tap, $1 / 4 \mathrm{~L}$, cross back, tap, cross back, close RF
123 4\& Cross RF back (1), tap LF side (2), cross LF back (3), tap RF side (4), $1 / 4$ turn L (\&)
5678 Cross RF back (5), tap LF side (6), cross LF back (7), close RF (8) @6:00
Snap fingers on $L$ side (2), snap on $R$ side (4), snap on $L$ side (6), snap in front (8)
B(33-40) Repeat above count 17-24 @3:00
B(41-48) Repeat above count (25-32)@12.00
$B(49-56)$ Side step, tap, clap, repeat on reverse, $1 / 4 R$, side step, tap, clap, repeat on reverse, $1 / 4 R$
$12 \& 34 \& \quad$ Step LF to side (1), tap RF next to LF, clapping hands twice on $L(2, \&)$, step RF to side (3) Tap LF next to RF, clapping hands once on $R(4)$, make $1 / 4$ turn $R(\&) @ 3: 00$
$56 \& 7$ 8\& Step LF to side (5), tap RF next to LF, clapping hands twice on $L(6, \&)$, step RF to side (7) Tap LF next to RF, clapping hands once on $R(8)$, make $1 / 4$ turn $R(\&) @ 6: 00$
$B(57-64)$ Side step, tap, clap, repeat on reverse, $1 / 4 R$, side step, tap, clap, repeat on reverse, $1 / 4 R$
$12 \& 34$ \& Step LF to side (1), tap RF next to LF, clapping hands twice on $L(2, \&)$ step RF to side (3), Tap LF next to RF, clapping hands once on $R(4)$, make $1 / 4$ turn $R(\&) @ 9: 00$
$56 \& 78$ Step LF to side (5), tap RF next to LF, clapping hands twice on $L(6, \&)$, step RF to side (7) Tap LF next to RF, clapping hands once on $R(8)$, make $1 / 4$ turn $R(\&) @ 12: 00$
$B(65-72)$ Side step, tap, clap, repeat on reverse, 2 sailor steps
1 2\&3 4 Step LF to side (1), tap RF next to LF, clapping hands twice on L, (2, \&) step RF to side (3), Tap LF next to RF, clapping hands once on R (4) @12:00
5\&6 7\&8 Cross LF behind RF (5), step RF to side (\&), step LF diagonal fwd (6), cross RF behind LF (7), step LF to side (\&), step RF diagonal fwd (8)
$B(73-80) 2$ kicks, jump, cross, unwind
1\&2\& Kick LF fwd (1), replace (\&), kick RF fwd (2), replace (\&)
3-8 Jump, landing with LF crossing over RF (3), unwind a full turn (4-8)
Part C - 104 counts :: Do actions as being called by the vocal
C(1-8) Heels twist L, R (vocal : TWIST)
1234 Heels swiffle L (1), heels swiffle R (2), repeat 1, $2(3,4) @ 12: 00$
5678 Repeat the above
C(9-16) Side step ball change 4 times, flying (vocal : FLY)
1\&2 Step LF to side (1), close RF to LF with part weight (\&), replace LF in place (2)
$3 \& 4 \quad$ Step RF to side (3) close LF to RF with part weight ( $\&$ ), replace RF in place (4)
5\&6 7\&8 Repeat the above.
Arms extend straight out to both sides, rotating in small circles at opposite directions like a Soaring airplane. Option to replace step ball change with side step tap: Step LF to side (1), tap RF next to LF (2), step RF to side (3), tap LF next to RF (4), repeat on count 5-8

C(17-24) Side step ball change or side step tap , swimming (vocal : SWIM )
1\&2 3\&4 Side step ball change or side step tap
5\&67\&8 Repeat the above
$L$ hand extend from chest to fwd (1, 2), $R$ hand extend from chest to meet $L$ hand (3, 4), Repeat on count 5-8

C(25-32) Side step ball change or side step tap, flying (vocal : BIRD )
$1 \& 23 \& 4 \quad$ Side step ball change or side step tap
5\&6 7\&8 Repeat the above
Flap arms up (1, 2), flap arms down (3, 4), repeat on count 5-8
C(33-40) Walk LF, RF, LF, RF around in circle, chin thrusting out, retracting (vocal : DUCK )
1234 Make $1 / 4$ turn R, stepping LF fwd (1), hold (2), make $1 / 4$ turn R, stepping RF fwd (3), hold (4) @6:00
5689 Repeat the above on count 5-8 @12:00
Put both hands at the back, palms facing out. Thrust chin out ( 1), retract (2), repeat on Count 3-8
C(41-48) Side step ball change or side step tap, swinging arms up and down (vocal : MONKEY)
1\&2 3\&4 Side step ball change or side step tap
5 \&6 7\&8 Repeat the above
Swing L arm up while $R$ arm down in front (1,2), swing L arm down, $R$ arm up (3,4) Repeat on count 5-8
C(49-56) Step ball change or step tap, clapping hands upwards and behind (vocal : WATUSI )
$1 \& 23 \& 4 \quad$ Step ball change fwd (1\&2), step ball change bwd (3\&4) or step tap fwd and bwd
5\&6 7\&8 Repeat the above
Clap hands above head in front (2), clap hands behind (4), clap hands above head in front (6) Clap hands behind (8)

C(57-64) Side step ball change or side step tap, swaying arms behind L and R (vocal : FRUG)
1\&2 3\&4 Side step ball change or side step tap
5\&6 7\&8 Repeat the above
Sway arms to $L$ at the back (1, 2), sway arms to $R$ at the back (3, 4), repeat on count 5-8
C(65-72) Mash Potato (vocal : MASH POTATO)
1234 Step LF back, swiveling $L$ heel in, $R$ heel in (1), $L$ swivel heel out, $R$ heel out (2), step RF Back, swiveling $R$ heel in, $L$ heel in (3), swivel $R$ heel out, $L$ heel out (4)
$5678 \quad$ Repeat the above on count 5-8
$C(73-80)$ Side step ball change or side step tap, swing both arms L, R (vocal : BOOGALOO)
1\&2 3\& Side step ball change or side step tap
5\&6 7\&8 Repeat the above
Swing both arms to $L(1,2)$, swing arms to $R(3,4)$, repeat on count 5-8
C(81-88) BONEY MARONY
1\&2\& Step LF diagonally fwd , RF diagonally bwd pointing towards LF, bending knees (1) Straighten knees up (\&), bend knees (2), straighten knees up (\&)
3\&4\& Repeat the above
5678 Keep weight on LF, lift RF straight to R diagonal, shaking (5-8)
C(89-96) TWIST
C(97-104)Stomp alternately, bringing arms up, flapping hands (vocal : STOMP)
1-8 Stomp LF and RF rapidly, traveling fwd, bringing arms up from the sides, flapping
Option for Part C: Do Part A and B instead. In this option, on the 3rd Part A, make $1 / 2$ turn at count 31\&.
On Part B, instead of $1 / 4$ turns, make $1 / 2 R$ turns at count 53,57 and drop count 61-68.
Part B - : The first 16 counts of Part B. Keep doing twists, no need to shimmy. -END OF DANCE
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