# Northwest Shake



Count: 64 Wall: 4 Level:

Choreographer: Lindsay Stamp (USA) - May 2018

Music: Trouble Maker - LANCO



#### #16 Count Intro

# (1-8) Left Foot Lead

1, 2 Rock forward L, Recover R

3&4 Shuffle back L,R,L

5, 6 Full turn, clockwise. R, face back, L, face forward. Left foot lands behind right.

& 7 & 8 hop R back, L heel out, L step, R together

## (9-16) L Foot Lead

1, 2 Walk forward L then R

& 3 & 4 Step out to left L, step out to right R, Step in L, Cross R in front of left

5, 6 Unwind ¾ turn counter clockwise

7, 8 Shake hips twice

## (17-24) R Foot Lead

1 & 2 & Touch R toe forward, step R, Touch L toe forward, Step L

3 & 4 & On the ball of R toe, swivel heel in and back twice

5 & 6 & Repeat [1 & 2 &] starting with the L foot

7 & 8 & Repeat [3 & 4 &] starting with the L foot

#### (25-32) R Foot Lead - 3/4 Counter Clockwise turn using 4 sailor steps

1 & 2
½ turn sailor step (cross step R behind L, Slight step to left on L, Step together R)
3 & 4
½ turn sailor step (cross step L behind R, Slight step to left on R, Step together L)
5 & 6
¼ turn sailor step (cross step R behind L, Slight step to left on L, Step together R)
7 & 8
¼ turn sailor step (cross step L behind R, Slight step to left on R, Step together L)

#### (33-40) R Foot Lead

1 & 2 & Touch R toe forward, step R, Touch L toe forward, Step L

3, 4 Touch R toe out to the right, Hitch right knee in and across to the left

5 & 6 Shuffle to the right (R, L, R)

7, 8 Rock L behind R. Recover onto R foot

#### (41-48) L Foot Lead

1 & 2 Shuffle to the left (L, R, L)

3, 4 Rock R behind L. Recover onto R foot, turning your body ¼ clockwise

5, 6, 7, 8 Step forward R, pivot half, Step forward R, pivot half (completing a full counter clockwise

turn)

## (49-56) R Foot Lead

1, 2 Take large diagonal step forward to the right on R foot

3, 4 Shake hips twice

5, 6 Take large diagonal step forward to the left on L foot

7, 8 Shake hips twice

#### (57-64) R Foot Lead

| 1 & 2 | Kick forward R, Touch L toe back |
|-------|----------------------------------|
| 3 & 4 | Kick forward L, Touch R toe back |
| 5.6   | Kick forward R kick forward I    |

Contact: linzf0822@yahoo.com