Shake It at the Station



Count: 32 Wall: 2 Level: Beginner

Choreographer: Daniel Exton (UK) - March 2025

Music: Shake It - Metro Station



Intro: 48 Counts. Start at approx 19 secs.

SEC 1 GRAPEVINE, TOUCH, GRAPEVINE, TOUCH

1-2	Right to Right side. Left behind Rig	ht
1-2	Mant to Mant Side. Left benind Ma	IΙL

3-4 Right to Right side, Touch Left next to Right

5-6 Left to Left side, Right behind Left

7-8 Left to Left side, Touch Right next to Left

Restart Here on Wall 10

SEC 2 MONTEREY 1/4 TURNS X2

1-2	Touch Right to Right side, Re	turn Right next to Left with	n ¼ turn Right (3:00)

3-4 Touch Left to Left side, Return Left next to Right

5-6 Touch Right to Right side, Return Right next to Left with ¼ turn Right (6:00)

7-8 Touch Left to Left side, Return Left next to Right (Weight on L

SEC 3 HEEL, RETURN, HEEL, RETURN, ROCKING CHAIR

1-2	Right Heel forward, Return Right next to Left
3-4	Left heel forward, Return Left next to Right
5-6	Rock forward on Right foot, Recover onto Left
7-8	Rock back on Right foot, Recover onto Left

SEC 4 TOE STRUT X2, TWIST X3, CLAP

1-2	Right toe forward, Right foot down
3-4	Left toe forward, Left foot down
5-6	Twist Heels Right, Twist Toes Right
7-8	Twist Heels Right, Clap (Weight on L