

Sh-Sh Shake That

COPPER KNOB
STEPSHEETS

Count: 0

Wall: 2

Level: Intermediate hip hop

Choreographer: Susan Webb (USA)

Music: Disco Inferno - 50 Cent



Sequence: AAB, AAB, Tag, AAB, AAB

SECTION A

Danced on chorus

RIGHT KICK BALL STEP TWICE, ANGLED HIP BUMPS

- 1&2 Kick right foot forward, step on ball of right foot, step left foot forward
- 3&4 Kick right foot forward, step on ball of right foot, step left foot forward
- 5&6 Step right foot forward angling body slightly left, bumps hips forward back forward
- 7&8 Step left foot forward angling body slightly right, bumps hips forward back forward

HIP BUMPS RIGHT-LEFT-RIGHT, ½ TURN, HIP BUMPS LEFT-RIGHT-LEFT, REPEAT

& Count before 3 and 7 is turn

- 1&2 Step right foot to right side bumping hips right left right
- &3&4 Turn ½ turn right on ball of right foot, step left foot to left side, bump hips left right left
- 5&6 Step right foot to right side bumping hips right left right
- &7&8 Turn ½ turn right on ball of right foot, step left foot to left side, bump hips left right left

SECTION B

ANGLED SHUFFLES, CROSS UNWIND HALF TURN LEFT, COASTER STEP

- 1&2 Step right forward angled slightly right, step ball of left next to right, step right forward
- 3&4 Step left forward angled slightly left, step ball of right next to left, step left forward
- 5-6 Cross right foot over left, unwind ½ turn left, shifting weight to right foot
- 7&8 Step left foot back, step right foot beside right, step left foot forward

¼ TURN WITH HIP BUMPS, ½ TURN WITH HIP BUMPS, SAILOR STEPS

& Count before 1 and 3 is turn

- &1&2 Turn ¼ turn left on ball of left foot, step right to right side, bumps hips right left right
- &3&4 Turn ½ turn left on ball of right foot, step left to left side, bump hips left right left
- 5&6 Step ball of right foot behind left, step left foot to left side, step right foot to right side
- 7&8 Step ball of left foot behind right, step right foot to right side, step left foot to left side

HIP BUMPS, ½ TURN RIGHT WITH HIP BUMPS, SAILOR STEPS

& Count before 3 is turn

- 1&2 Step right to right side, bumps hips right left right
- &3&4 Turn ½ turn right on ball of right foot, step left to left side, bump hips left right left
- 5&6 Step ball of right foot behind left, step left foot to left side, step right foot to right side
- 7&8 Step ball of left foot behind right, step right foot to right side, step left foot to left side

TRAVELING KICK BALL POINTS, ROCK RECOVER ¼ TURN RIGHT, LEFT-RIGHT-LEFT CROSS SHUFFLE

- 1&2 Kick right foot forward, step ball of right foot in front of left, point left foot to left side
- 3&4 Kick left foot forward, step ball of left foot in front of right, point right foot to right side
- 5&6 Rock ball of right foot forward, recover weight to left foot, turn ¼ turn right stepping right to right side
- 7&8 Cross left foot over right, step right foot to right side, cross left foot over right

SIDE ROCK RECOVER CROSSES, FORWARD ROCK RECOVER ½ TURN RIGHT, STEP ½ TURN STEP RIGHT

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|-----|-------------------------------------------------------------------------------------------------------|
| 1&2 | Rock ball of right to right side, step ball of left to left side, cross right foot in front of left |
| 3&4 | Rock ball of left to left side, step ball of right to right side, cross left foot in front of right |
| 5&6 | Rock right foot forward, recover weight on left foot, turn ½ right stepping forward on the right foot |
| 7&8 | Step ball of left forward, turn ½ turn right stepping right foot forward, step left forward |

ANGLED SHUFFLES, BODY ROLLS

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|-----|-----------------------------------------------------------------------------------------------------------------------------------------|
| 1&2 | Step right forward angled slightly right, step ball of left next to right, step right forward |
| 3&4 | Step left forward angled slightly left, step ball of right next to left, step left forward |
| 5&6 | Step right foot to right side with body angled slightly left, lean back and roll body weight over the right foot bending knees slightly |
| 7&8 | Step left foot to left side with body angled slightly right, lean back and roll body weight over the left foot bending knees slightly |

TAG

Facing front wall

SIDE TURNING SHUFFLES TO RIGHT, ROCK FORWARD RECOVER TOUCH

& Count before 3 and 5 is turn

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|------|-----------------------------------------------------------------------------------------------------------------------------|
| 1&2 | Step right to right side, step ball of left next to right, step right to right side |
| &3&4 | Turn ½ turn right on ball of right foot, step left to left side, step ball of right next to left, step left to left side |
| &5&6 | Turn ½ turn right on ball of left foot, step right to right side, step ball of left next to right, step right to right side |
| 7&8 | Rock ball of left foot forward, recover weight to right foot, touch left toe next to right foot |

SIDE TURNING SHUFFLES TO LEFT, ROCK FORWARD RECOVER TOUCH

& Count before 3 and 5 is turn

- | | |
|------|----------------------------------------------------------------------------------------------------------------------------|
| 1&2 | Step left to left side, step ball of right next to left, step left to left side |
| &3&4 | Turn ½ turn left on ball of left foot, step right to right side, step ball of left next to right, step right to right side |
| &5&6 | Turn ½ turn left on ball of right foot, step left to left side, step ball of right next to left, step left to left side |
| 7&8 | Rock ball of right foot forward, recover weight to left foot, touch right toe next to left foot |
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