

Shake It Up

Count: 40

Wall: 4

Level: Improver

Choreographer: Kathy Sharpe (USA) & Patrick Etri Jr. (USA)

Music: Thump Factor - Smokin' Armadillos



DIAGONAL WALK FORWARD WITH HIP SHAKES

- 1&2 Stepping forward on right diagonal, bump right hip right, left, right
- 3&4 Stepping forward on left diagonal, bump left hip left, right, left
- 5-8 Repeat counts #1-4

HIP ROLLS, HIP BUMPS WITH SHOULDER PUMPS AND KNEE BENDS

- 9-12 Roll hips right, left, right, left
- 13 Hip bump right as you bring right shoulder down and straighten right arm down toward right knee (lifting left shoulder up and bending left elbow)
- 14 Hip bump left as you bring left shoulder down and straighten left arm down toward left knee (lifting right shoulder up and bend right elbow)
- 15-16 Repeat counts #13-14

On counts 13-14, bend knees moving body down, then straighten knees, moving body back up to standing position on counts 15-16

½ TURN LEFT, FORWARD SHUFFLES, STOMPS

- 17-18 Step forward on right, turn ½ turn left
- 19&20 Shuffle forward right, left, right
- 21&22 Shuffle forward left, right, left
- 23-24 Stomp right forward, stomp left forward
- 25-32 Repeat counts #17-24

SIDE LUNGES, ¼ TURN RIGHT, SIDE LUNGE

- 33-34 Lunge right foot to right side, step right together with left
- 35-36 Lunge left foot to left side, step left together with right
- 37-38 Lunge right foot to right side and pivoting on ball of left foot, ¼ turn right step right together with left
- 39-40 Lunge left foot to left side, step left together with right

REPEAT
