

# The Shake

**Count:** 64

**Wall:** 4

**Level:** Improver

**Choreographer:** Victor van der Meer (AUS)

**Music:** The Shake - Neal McCoy



- |         |                                                                                         |
|---------|-----------------------------------------------------------------------------------------|
| 1-2-3-4 | Step right forward, scuff left forward, step left forward, scuff right forward          |
| 5&6-7-8 | Shuffle forward right, step left forward pivot ½                                        |
|         |                                                                                         |
| 1-2-3-4 | Step left forward, scuff right forward, step right forward, scuff left forward          |
| 5&6-7-8 | Shuffle forward left, step right forward pivot ½                                        |
|         |                                                                                         |
| 1-2&    | Kick right across left, kick right across left, step right to right side                |
| 3-4     | Step left to left side, hold                                                            |
| 1-2&    | Kick right across left, kick right across left, step right to right side                |
| 3-4     | Step left to left side, hold                                                            |
|         |                                                                                         |
| 1-2-3-4 | Step right forward, slow ¼ turn left as you are shaking your shoulders                  |
| 5-6-7-8 | Left toe over right, drop heel to floor, right toe to side, drop heel to floor          |
|         |                                                                                         |
| 1-2-3&4 | Cross/rock left over right, rock back onto right, side shuffle left turning ½ turn left |
| 5&6-7-8 | Side shuffle right, cross left behind right, replace weight to right                    |
|         |                                                                                         |
| 1&2-3&4 | Kick-ball-change left to left side twice                                                |
| 5&6-7&8 | Side shuffle left, right, left, turn ½ right side shuffle right, left, right            |
|         |                                                                                         |
| 1&2-3&4 | Kick-ball-change left over right twice                                                  |
| 5-6-7-8 | Tap left heel forward for 4 counts                                                      |
|         |                                                                                         |
| 1-2-3-4 | Step right forward, touch left next to right, step left back, touch right next to left  |
| 5-6-7-8 | Step right forward, touch left next to right, step left back, touch right next to left  |
- Shake your shoulders for the last 8 counts**

**REPEAT**

**TAG**

**At the end of the 2nd and 4th wall, repeat the last 8 beats again**