

Shake It Kate

Compte: 32

Mur: 4

Niveau: Beginner



Chorégraphe: Taren Gaia (SA) - May 2017

Musique: Sister Kate - The Ditty Bops

Intro: 16 counts

Note: This song was written for a fellow dancer (Bonnie Shen) for her 60th birthday – Gatsby Theme. Although it has a Charleston theme, it can be done to other styles/music with a standard 4/4 timing

[1-8] □ □ Walk forward x2, Charleston step, Step 1/4 Pivot

- 1-2 2 Walks forward (R-L)
- 3-4 Tap RF forward, Step RF back
- 5-6 Tap LF back, Step LF forward
- 7-8 Step RF forward, pivot 1/4 turn L transferring weight onto LF

[9-16] □ □ Cross-Strut-Side-Strut x2, Jazz box

- 1&2& Press R toe over LF, Lower R Heel down, Press L toe to L Side, Lower L Heel down
- 3&4& Press R toe over LF, Lower R Heel down, Press L toe to L Side, Lower L Heel down
- 5-6 Cross RF over LF, step LF back
- 7-8 RF to R Side, Step LF to RF keeping weight on LF

[17-24] □ □ Walks Forward x3, Kick, Walks back x3, Touch

- 1-4 3 walks forward (R-L-R), Kick LF forward
- 5-8 3 walks back (L-R-L), Touch RF to LF

[25-32] □ □ Side Point x2, Twists

- 1-2 Tap RF to R side, Step RF to LF
- 3-4 Tap LF to L side, Step LF to RF
- 5&6 With knees slightly bent, Twist Heels (R-L-R)
- 7&8 With knees slightly bent, Twist Heels (L-R-L)

TAG: Wall 1, 3, 6 – after the chorus

Repeat the last 4 counts of the dance - Twists

Enjoy

Contact: taren@fusodanse.co.za

Please feel free to use alternate music but do not alter the step sheet without notifying the choreographer first.