

# The Shake

Compte: 70

Mur: 4

Niveau:

Chorégraphe: Dale Wall (CAN)

Musique: The Shake - Neal McCoy



## SHUFFLE STEP, HALF TURN, SHUFFLE MAKING A QUARTER TURN, ROCK RIGHT BEHIND LEFT

- 1&2 Shuffle forward starting with right foot: right-left-right
- 3-4 Step forward on left, turn  $\frac{1}{2}$  to the right
- 5&6 As you  $\frac{1}{4}$  to the right, shuffle left-right-left
- 7-8 Right steps back behind left foot, rock back on left

## SHUFFLE, $\frac{1}{4}$ FLIP TURN, SHUFFLE KICK KICK

- 1&2 At 9 o'clock side shuffle to the right: right-left-right
- 3-4 Step forward on left, make a  $1\frac{1}{4}$  turn, stepping onto right foot (you should be facing 12 o'clock)
- 5&6 Shuffle forward starting with left foot: left-right-left
- 7-8 Right foot kicks forward twice

## COASTER STEP, ROCK FORWARD, COASTER STEP KICK, KICK, KICK

- 1&2 Right steps back, left steps back beside right, right steps forward
- 3-4 Left steps forward, rock back onto right
- 5&6 Left steps back, right steps back beside left, left steps forward
- 7-8 Right foot kicks forward twice

## COASTER STEP, ROCK FORWARD, COASTER STEP, HIP ROLL

- 1&2 Right steps back, left steps back beside right, right steps forward
- 3-4 Left steps forward, rock back on right
- 5&6 Left steps back, right steps beside left, left steps forward
- 7-8 Left hip roll, right hip roll

## HIP ROLL, SIDE SHUFFLE, HOOK, TURN, STOMP, CLAP

- 1-2 Left hip roll, right hip roll
- 3&4 Left side shuffle: left-right-left
- 5-6 Right hooks behind left
- 7-8 Left stomp, clap hands

## HITCH UP & DOWN, SIDE SHUFFLE, STOMP, CLAP, HITCH UP & DOWN

- 1-2 Hitch back onto heels (toes up) and hitch thumbs over shoulders simultaneously, drop thumbs & feet simultaneously
- 3&4 Left side shuffle: left-right-left
- 5-6 Stomp right, clap hands
- 7-8 Repeat steps 1-2 in this section

## TOE FORWARD, PAUSE, TOE BACK, PAUSE TWIST

- 1-2 Right toe forward, pause
- 3-4 Right toe back turning body  $\frac{1}{4}$  turn right, pause
- 5-6 Right toe forward, right toe back
- 7-8 Right toe forward, right toe back

## $\frac{1}{4}$ TURN, STOMP, CLAP, HITCH & DROP

- 1-2 Right steps forward, step  $\frac{1}{4}$  turn left onto left foot
- 3-4 Right stomp, clap hands

5-6 Hitch back onto heels (toes up) and hitch thumbs over both shoulders, drop thumbs & feet

**STEP, BUMP. BUMP, STOMP. CLAP**

1-2 Right steps to right side & bump right hip, bump right hip for second count

3-4 Left stomp, clap hands

5-6 Right steps to right side & bump right hip, bump right hip for second count

7-8 Left stomp, clap hands

**REPEAT**

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