Shake It!



编舞者: Don Deyne (USA)

音乐: Who's Cheatin' Who - Alan Jackson



When using "The Shake", on the 2nd and 4th time through the dance, repeat counts 57-64 on the 8 extra counts of music.

SHAKE IT TO THE LEFT, SHAKE IT TO THE RIGHT

1-2 Bump hips left, bump hips right

3-4 Bump hips left, hold

(Option) lean left and shake anything you can for 4 counts

5-6 Bump hips right, bump hips left

7-8 Bump hips right, hold

(Option) lean right and shake anything you can for 4 counts

CROSS, HOLD, PIVOT, HOLD, LEFT, RIGHT, LEFT, TOUCH RIGHT

9-10	Rock step on ball of left across right, hold				
11-12	Pivot ¼ turn right shifting back to right, hold				

13-14 Face ¼ turn right and step together left, step in-place right

15-16 Step in-place left, touch right toe next to left foot

CROSS, HOLD, PIVOT, HOLD, RIGHT, LEFT, RIGHT, TOUCH LEFT

17-18	Rock step on ball of right across left, hold
19-20	Pivot ¼ turn left shifting weight back to left, hold
21-22	Face ¼ turn left and step together right, step in-place left
23-24	Step in-place right, touch left toe next to right foot

VINE LEFT, SCUFF RIGHT, 1/2 TURN VINE RIGHT, STEP LEFT

25-26	Side step left, step right behind left
27-28	Side step left, scuff forward right (or touch right toe)
29-30	Side step right, step left behind right
04.00	

Face ¼ turn right and step right, pivot ¼ turn right and step together left

SHAKE IT TO THE RIGHT, SHAKE IT TO THE LEFT

33-34	Bump hips right, bump hips left
35-36	Bump hips right, hold
37-38	Bump hips left, bump hips right
39-40	Bump hips left, hold

CROSS, HOLD, 3-STEP 1/2 TURN RIGHT, HOLD

41-42	Rock step on ball of right across left, hold
43-44	Rock step back onto left in-place, hold
45-46	Face ¼ turn right and step right, face ¼ turn right and step together left
47-48	Step in-place right, hold (or touch left toe)

Weight is on right foot. You are now facing the original wall (12:00)

CROSS, HOLD, 3-STEP ½ TURN LEFT, HOLD

49-50	Rock step on ball of left across right, hold
51-52	Rock step back onto right in-place, hold
53-54	Face ¼ turn left and step left, face ¼ turn left and step together right
55-56	Step in-place left, hold (or touch right toe)

Weight is on left foot. You are now facing the back wall (6:00)

SHIMMY RIGHT, SHIMMY RIGHT

(Option) clap hands on 58, 60, 62, and 64 (clap with the song)

57-58	Big side step right, beg	n dragging left toe to righ	nt foot shaking shoulders	(or anything else)
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59-60 Continue left toe drag, step together left

Big side step right, begin dragging left toe to right foot shaking shoulders

63-64 Continue left toe drag, touch left toe beside right

REPEAT

A lot of the touches on counts 4 and 8 may become holds. Primary concern would be where your weight is for the next step.