

# Shake Shake

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Heather Rowe (AUS) - January 2025  
音樂: Shake Shake (All Night Long) - Mason Ramsey



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## Right step lock, step together step, left step lock, step together step

1, 2,                Right step, lock left behind right,  
3&4                step right foot forward, step left together, step right foot forward,  
5, 6,                Left step, lock right behind left,  
7&8                step left foot forward, step right together, step left forward. (12:00)

## Rock forward and back, left back lock back, 1/2 turn shuffle clockwise, left side rock 1/4 cross

9&10,                Rock forward on right foot, recover to left and rock back onto right,  
11&12                step left back, lock right over left and step left back again,  
13&14,                turn clockwise with a 1/2 shuffle over right shoulder, right, left, right,  
15&16                step left foot forward taking the weight as you turn 1/4 turn right transfer weight onto right foot  
and step left across right foot. (9:00)

## 1/2 hinge turn anti-clockwise, right samba, left sailor, right sailor

17, 18,                Step weight onto right foot as you start a hinge turn anti- clockwise taking weight onto left foot  
as you complete the 1/2 turn,  
19&20                step right across left, step left to left side and right to right side (samba),  
21&22,                Step left behind right, step right to right side and left to left side (sailor),  
23&24                step right behind left, step left to left side and right to right side (sailor). (3:00)

## Left samba, walk forward right, left, right mambo forward, left mambo back.

25&26,                Step left across right, step right to right side, step left to left side (samba),  
27, 28                walk forward stepping right, left,  
29&30,                Rock forward on right, taking weight onto right, recover onto left and step right foot beside left  
foot,  
31&32                rock back on left foot, taking weight onto left foot, recover onto right foot and step left foot  
beside right. (3:00)

## Tag: done at the end of wall 2.

1, 2, 3&4&            Elvis knees, left, right, left, right, left, right.

Last Update: 11 Jan 2025

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