

THE SHAKE

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Count: 64

Wall: 4

Level: beginner/intermediate

Choreographer: Noel Bradey & Jan Wise

Music: The Shake by Neal McCoy

SIDE SHUFFLE LEFT, CROSS-STEP & SHIMMY, SIDE-SHUFFLE RIGHT, CROSS-STEP & SHIMMY

- 1&2** Step left to left, step right together with left, step left to left
- 3&4** Step forward on right at 45 degrees across left while shimmying shoulders forward, back, forward
- 5&6** Step right to right, step left together with right
- 7&8** Step right to right, step forward on left at 45 degrees across right while shimmying shoulders forward, back, forward

TOE HEEL-STEPS BACKWARDS WITH "COME ON" HANDS

(With both hands out in front beckon towards yourself with fingers on each beat)

- 9-10** Touch left toe back at 45 degrees, step down on left foot
- 11-12** Touch right toe back at 45 degrees, step down on right foot
- 13-16** Touch left toe back at 45 degrees, step down on left foot, step right next to left, hold (weight on left)

STEP RIGHT SIDE & SHIMMY, STEP LEFT SIDE & SHIMMY, FORWARD RIGHT & SHIMMY, BACK LEFT & SHIMMY

- 17-20** While shimmying shoulders: step right to right side, hold, step left together right, hold
- 21-24** While shimmying shoulders: step left to left side, hold, step right together left, hold
- 25-28** While shimmying shoulders: step forward on right, hold, step left together right, hold
- 29-32** While shimmying shoulders: step back on left, hold, step right together left, hold

SHUFFLE FORWARD, SHUFFLE TURN, WALK BACK AND KICK-REPEAT

- 33&34** Step forward on right, step left together & slightly behind right, step forward on right
- 35&36** Step forward on left turning ½ turn right

STEP BACK ON RIGHT TOGETHER AND SLIGHTLY IN FRONT OF LEFT, STEP BACK ON LEFT

- 37-40** Step back on right, step back on left, step back on right, kick left forward
- 41&42** Step forward on left, step right together & slightly behind left, step forward on left
- 43&44** Step forward on right turning ½ turn left

STEP BACK ON LEFT TOGETHER AND SLIGHTLY IN FRONT OF RIGHT, STEP BACK ON RIGHT

- 45-48** Step back on left, step back on right, step back on left, kick right forward

ONE & QUARTER ROLLING VINE RIGHT, MONTEREY TURNS, SIDE TAPS

- 49-52** While traveling to right turn 1-¼ turns to the right, stepping right-left-right-left (finish weight left)
- 53-56** Point right to right side, step right together with left as you turn ½ turn right point left to left side, step left together with right
- 57-60** Point right to right side, step right together with left as you turn ½ turn right point left to left side, touch left together with right (weight finish right)
- 61-64** Step left to left side, touch right together left, step right to right side, touch left together right

REPEAT

On walls 2 and 4, add the following tag after count 64

- 65-66** Step forward on left at 45 degrees, touch right next to left and clap
- 67-68** Step back on right at 45 degrees, touch left next to right and clap
- 69-70** Step back on left at 45 degrees, touch right next to left and clap
- 71-72** Step forward on right at 45 degrees, touch left next to right and clap

Dance ends shuffle left & shimmy, then shuffle right with ¼ turn right and shimmy