

# The Shake

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**Count:** 32                      **Wall:** 2                      **Level:** Easy Improver

**Choreographer:** Marie Sørensen (Sunshine Cowgirl) DK & Sally Hung - Taiwan - Sept 2015

**Music:** "The Shake" By Neil McCoy" - Album: Mr. Music 9-99

## **Intro: 16 Counts**

### **S1. ROCKIN CHAIR, STEP ½ TURN, STEP, HOLD**

- 1-2            Rock fwd. on right, recover
- 3-4            Back rock right, recover
- 5-6            Step fwd. on right, ½ turn left
- 7-8            Step fwd. on right, hold (06:00)

### **S2. 1/4 TURN LEFT, TOUCH, 1/4 TURN RIGHT, TOGETHER, 1/4 TURN RIGHT, TOUCH, 1/4 TURN LEFT, TOUCH**

**1-2 1/4 turn left, step left to the left side, touch right beside left (03:00)**

**3-4 1/4 turn right, step right to the right side, step left next to right (Weight on left) (06:00)**

**5-6 1/4 turn right, step right to the right side, touch left beside right (09:00)**

**7-8 1/4 turn left, step left to the left side, touch right beside left (Weight on right) (06:00)**

### **S3. OUT, OUT, IN, IN, STEP RIGHT WITH HIP BUMP RIGHT X2, STEP LEFT WITH HIP BUMP LEFT X2**

- 1-2            Jump out forward right, jump out forward left (feet shoulder with apart)
- 3-4            Jump in back right, jump in back left (feet together)
- 5-6            Step right to the right and bump hip to the right x2
- 7-8            Step left to the left and bump hip to the left x2 (06:00)

### **S4. HEEL TOE SWIVEL (X3), HITCH, HEEL TOE SWIVEL (X3), HITCH**

- 1-2            Swivel heels right, swivel toes right
- 3-4            Swivel heels right, hitch left
- 5-6            Swivel heels left, swivel toes left
- 7-8            Swivel heels left, hitch right (06:00)

## **TAGS:-**

**After wall 4 - 8 counts tag - Facing - 12:00**

**After wall 8 - 8 counts tag - Facing - 12:00**

**Both Tags are the same**

## **JAZZ BOX CROSS TWICE**

- 1-2**      Cross right over left, step back on left
- 3-4**      Step right next to left, cross left over right
- 5-6**      Cross right over left, step back on left
- 7-8**      Step right next to left, cross left over right

## **Have Fun!**

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