

# SHAKIN' ALL OVER

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**Count:** —                      **Wall:** 4                      **Level:** —

**Choreographer:** Peter Metelnick

**Music:** The Shake by Neal McCoy

**Sequence:**When danced to "The Shake", it it AAB-AAB then A to the end. When danced to "(You Make Me Feel) Groovy! (LD Tempo Mix)", just dance Part A repeatedly.

## PART A-THE MAIN EVENT

### SHAKE IT TO THE LEFT, SHAKE IT TO THE RIGHT

**1-8**            Step left foot to left side and bump hips left 4x, shift weight to right foot and bump hips right 4x

### TURN $\frac{1}{4}$ LEFT & SHUFFLE FORWARD, RIGHT FORWARD, $\frac{1}{2}$ LEFT PIVOT TURN, SHUFFLE FORWARD, STOMP LEFT TWICE

**1&2**            Turn  $\frac{1}{4}$  left and step left foot forward, step right foot together, step left foot forward

**3-4**            Step right foot forward, pivot  $\frac{1}{2}$  left

**5&6**            Step right foot forward, step left foot together, step right foot forward

**7-8**            Stomp left foot together twice keeping weight on right foot

### SAILOR SHUFFLES WITH A TWIST!

**1&2**            Step left foot behind right, step right foot to right side, step left foot in place

**3-4**            With feet apart swivel heels left, swivel heels right with weight ending on left foot

**5&6**            Step right foot behind left, step left foot to left side, step right foot in place

**7-8**            With feet apart swivel heels right, swivel heels left turning  $\frac{1}{4}$  right with weight ending on left foot

### FORWARD SHUFFLE, LEFT FORWARD TURNING $\frac{1}{2}$ RIGHT, RIGHT BACK, SHAKE IT BACK!

**1&2**            Step right foot forward, step left foot together, step right foot forward

**3-4**            Step left foot forward turning  $\frac{1}{2}$  right, step right foot back

**5-8**            Bump right hip back 4x (weight is on right foot)

### FORWARD SHUFFLE, RIGHT FORWARD, $\frac{1}{2}$ LEFT PIVOT TURN, RIGHT FORWARD, DOUBLE CLAP, LEFT FORWARD, SINGLE CLAP

- 1&2** Step left foot forward, step right foot together, step left foot forward
- 3-4** Step right foot forward, pivot  $\frac{1}{2}$  left
- 5&6** Step right foot forward, clap twice
- 7-8** Step left foot forward, clap

### **RIGHT FORWARD, DOUBLE CLAP, LEFT FORWARD, SINGLE CLAP, HITCH-STEPS BACK**

- 1&2** Step right foot forward, clap twice
- 3-4** Step left foot forward, clap
- &5&6** Hitch right knee up, step right foot back, hitch left knee up, step left foot back
- &7-8** Hitch right knee up, step right foot back, step left foot together

### **$\frac{1}{2}$ RIGHT MONTEREY TURN & DOUBLE CLAP, $\frac{1}{4}$ RIGHT MONTEREY TURN & CLAP**

- 1-2** Touch right toes to right side, pivot  $\frac{1}{2}$  right on left foot & step right foot together
- 3-4** Touch left toes to left side, step left foot together
- 5-6** Touch right toes to right side, pivot  $\frac{1}{4}$  right on left foot & step right foot together
- 7-8** Touch left toes to left side, step left foot together

**You can add claps to this section, clapping hands while doing Monterey turns on counts &2, 4, &6, 8**

### **HEEL TOE SWIVELS TRAVELING RIGHT (THE DWIGHT), $\frac{1}{2}$ RIGHT MONTEREY TURN ENDING WITH LEFT KNEE BENT IN FRONT OF RIGHT LEG**

- 1-4** With weight on left foot travel right:

**Swivel left heel right & touch right toes together,**

**Swivel left toes right & touch right heel together,**

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**Swivel left toes right & touch right heel together**

- 5-8** Touch right toes to right side, pivot  $\frac{1}{2}$  right on left foot & step right foot together, touch left toes to left side, raise left leg up bending left knee in front of right leg (weight ends on right foot)

**REPEAT**

**For the dance to phrase properly to Neal's song, you have to add 2-8 count bonus sections (part b). These occur after going through the dance for the 2nd & 4th time. After completing the dance for the 2nd time, you will be facing the back wall. Do the following 8 count section:**

### **PART B-BONUS BEATS!**

#### **BASIC LEFT & CLAP, BASIC RIGHT & CLAP**

- 1-4** Step left foot to left side, step right foot together, step left foot to left side, touch right foot together & clap
- 5-8** Step right foot to right side, step left foot together, step right foot to right side, touch left foot together & clap

### **REPEAT**

**After completing the dance for the 4th time you will be facing forward. Add the 8 count section (part B) & then repeat the dance from the beginning.**