

Shake It Off

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Count: 64 **Wall:** 2 **Level:** Improver

Choreographer: Karolina Ullentav (July 2018)

Music: Taylor Swift - "Shake It Off" (length 4:01)

This is a fun dance where it's important that you use your hands and body to "shake it off" as much as possible and have fun while doing it! I explain the hand and body movements in detail below.

Restart in wall 2 and 5 after 32 counts

Tag (8 counts: hip bumps right and left) and Restart in wall 8 after 32 counts

Intro 16 counts, BPM 160

Section 1: Bouncing steps forward with shifting weights to RF and LF lifting your arm and shaking your hand at the same time

1,2RF bouncing step forward (weight on RF) with right arm lifted, right hand shaking and LF touch beside RF

3,4LF bouncing step forward (weight on LF) with left arm lifted, left hand shaking and RF touch beside LF

5,6RF bouncing step forward (weight on RF) with right arm lifted, right hand shaking and LF touch beside RF

7,8LF bouncing step forward (weight on LF) with left arm lifted, left hand shaking and RF touch beside LF

Section 2: Side steps right and left with shaking of your hands to the right and to the left

1RF step right

2LF step beside RF

3RF step right

4LF touch beside RF

5LF step left and shake both your hands one time to the right

6RF touch beside LF and shake both your hands one more time to the right

7RF step right and shake both your hands one time to the left

8LF touch beside RF and shake both your hands one more time to the left

Section 3: Side steps left and right ending with clapping your hands to the right and to the left

1LF step left

2RF step left

3LF step left

4RF touch beside LF

5RF step right

6LF touch beside RF and clap to the right

7LF step left

8RF touch beside LF and clap to the left

Section 4: Paddle turn $\frac{1}{2}$ left, long sliding step right and left while you're lifting your arms pointing left and right

1RF step forward

2 Paddle turn $\frac{1}{4}$ left

3RF step forward

4 Paddle turn $\frac{1}{4}$ left

5RF long sliding step right while you lift both your arms and point to the left

6LF touch beside RF still pointing your arms to the left

7LF long sliding step left while you lift both your arms and point to the right

8RF touch beside LF still pointing your arms to the right

Section 5: Heel and toe swivel steps right ending with weight change and touch and brushing off both your shoulders

- 1 Twist RF and LF heel right
- 2 Twist RF and LF toe right
- 3 Twist RF and LF heel right
- 4 Hold

5,6LF bouncing step left (weight on LF), RF touch beside LF, brushing left shoulder off x 2

7,8RF bouncing step right (weight on RF), LF touch beside RF, brushing right shoulder off x 2

Section 6: Heel and toe swivel steps left ending with weight change and touch and brushing off both your shoulders

- 1 Twist RF and LF heel left
- 2 Twist RF and LF toe left
- 3 Twist RF and LF heel left
- 4 Hold

5,6RF bouncing step right (weight on RF), LF touch beside RF, brushing right shoulder off x 2

7,8LF bouncing step left (weight on LF), RF touch beside LF, brushing left shoulder off x 2

Section 7: Step forward while you slightly bend forward and do shimmies (shake your shoulders and chest) at the same time and then step back slightly leaning back and do shimmies

1-4RF step forward while you slightly bend forward and do shimmies (shake your shoulders and chest)

5-8RF step back while you slightly lean back and do shimmies

Section 8: Step forward while you slightly bend forward and do shimmies (shake your shoulders and chest) at the same time and then step back slightly leaning back and do shimmies

1-4RF step forward while you slightly bend forward and do shimmies (shake your shoulders and chest)

5-8RF step back while you slightly lean back and do shimmies

Have fun with all the shaking off!!

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=127322