

Shake

CHOREOGRAPHER: JENNIE BERRY WANGARATTA VIC AUG 2016
MUSIC: SHAKE by MERCY ME
LEVEL: IMPROVER:
INTRODUCTION: 32 BEATS: 4 WALLS

SIDE STRUT, BACK ROCK, SIDE STRUT BACK ROCK

1.2.3.4 Strut: step right toe to right side, drop right heel to the floor rock back on left, step forward on right
5.6.7.8 Strut: step left toe to left side, drop left heel to the floor rock back on right, and step forward on left. 12.00

SIDE TOGETHER ¼ TURN HOLD, PIVOT ¼ CROSS HOLD

1.2.3.4 Step right to right side bring left together, turn 90 degrees right hold.
5.6.7.8 Step left forward, pivot 90 degrees right, step left across in front of right 6.00

FORWARD TAP, BACK KICK SLOW COASTER HOLD

1.2.3.4 Step right forward, tap left behind right, step left back, kick right forward.
5.6.7.8 Slow coaster: Step right back, step left together, and step right forward, hold 6.00

SLOW SHUFFLE FORWARD HOLD, ¼ TURN REGGAE

1.2.3.4 * Shuffle forward, step LRL hold.
5.6. Reggae: step right across in front of left, turn 90 degrees right,
7.8 Step left back, step right to side, and touch left next to right. 9.00

SIDE TOGETHER FORWARD TOUCH, SIDE TOUCH, SIDE TOUCH

1.2 3.4 Step left to left side, step right together, step left forward, and touch right beside left.
5.6.7.8 Step right to right side touch left beside right, step left to left side, touch right beside left. 9.00

SIDE TOGETHER BACK HOLD. COASTER HOLD

1.2.3.4 Step right to right side, step left together step right back, hold.
5.6.7.8 Slow coaster: Step left back, step right together, step left forward, hold 9.00

LOCK STEP FORWARD SCUFF, LOCK STEP FORWARD SCUFF.

1.2.3.4 Step right forward, lock left behind right, step right forward scuff left beside right.
5.6.7.8 Step left forward lock right behind left, step left forward, and scuff right beside left. 9.00

PIVOT ½ TURN HOLD, ROCK FORWARD, BACK, TOGETHER & TOUCH

1.2.3.4 Step right forward pivot 180 degrees left step right forward, hold.
5.6.7.8 Rock forward on left, step back on right, step left together, touch right beside left. 3.00

64 B Repeat dance in new direction

Restarts on Wall 3 & Wall 7

1.2.3.4 Wall 3... Dance to count 28 * add rocking chair and restart at 12.00
Wall 7 ... Dance to count 28 * add rocking chair and restart at 3.00

SUGGESTED FINISH: Dance to count 44, then, step left to left side, step right together & turn ¼ left to face front.

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