

“The Shake”

Choreographer: Marie Sørensen (Sunshine Cowgirl) DK & Sally Hung - Taiwan – September 2015

2 Wall – Level: easy Improver – 32 Counts

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)

TAG:

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!

Contact: www.sunshine-cowgirl-linedance.dk

Marie: sunshinecowgirl1960@gmail.com

Sally: hung1125@gmail.com