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J.A.B.S.

INTERMEDIATE
32 Count 1 Walls
Choreographed by: Indepen'Dance Style
Choreographed to: Shake Yourself Loose by Vickie Winans

KICK CROSS POINT LEFT & RIGHT, HEEL TOE SWITCHES SIDE & FRONT

1 & 2	Kick right forward, cross right in front of left, touch left toe behind right
3 & 4	Kick left forward, cross left in front of right, touch right toe behind left
5 &	Touch right toe to the side, step right together
6 &	Touch left toe to the side, step left together
7 &	Right heel forward, step right together
8 &	Left heel forward, step left together

STEP TURNS WITH 1/4 TURN LEFT TWICE, CROSS OUT-OUT, SHOULDER MOVES

1 - 2	Step right forward, turn 1/4 left (weight to left, 9:00)
3 - 4	Step right forward, turn 1/4 left (weight to left, 6:00)
5 - 6	Cross right in front of left, step left back
& 7	Small step right to side, small step left to side
& 8	Bump shoulders right, left

CROSS, SIDE, CROSS, BACK, SIDE 1/2 TURN, SIDE, 1/4 TURN

1 - 4	Cross right in front of left, step left to side, cross right in front of left, step left back
5 - 6	Big step right to side, turn 1/2 right and touch left together
7 - 8	Big step left to side, 1/4 turn left and touch right next to right (9:00)

OUT-OUT, KNEE IN & OUT, 1/4 TURN LEFT, TAKE WEIGHT, PLATFORM TURN WITH 1/2 TURN TO THE LEFT

1 - 2	Small step right to side, small step left to side
3 - 4	Left knee in, left knee out with 1/4 turn to the left

Face 6:00, weight on right

5 - 6	Take weight to left with body roll
7	Both platform turn with knee impulsion making 1/4 turn to the left
8	Both platform turn with knee impulsion making 1/4 turn to the left

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