

S & S Shake

BEGINNER

68 Count 2 Walls

Choreographed by: Sonja Palmer & Sue Gerrits

Choreographed to: Shake, The by Neal McCoy

HIP BUMPS, HOLD, HIP ROLLS

- 1 - 3 Right hip bumps
- 4 Hold and clap
- 5 - 6 Hip roll
- 7 - 8 Hip roll

TOE & TOE

- 9 & Right toe touch next to left, together
- 10 Left toe touch next to right

LEFT ROLLING VINE, RIGHT VINE WITH 1/2 TURN

- 11 Step left on left foot turning 1/4 left
- 12 Cross right foot over left foot pivoting 1/2 left
- 13 Step left on left foot turning 1/4 left
- 14 Touch right foot beside left foot
- 15 Step right on right foot
- 16 Cross left foot behind right foot
- 17 Step right on right foot with 1/2 turn to right
- 18 Touch left foot beside right foot

KNEE POPS

- 19 Right knee pop
- 20 Hold
- 21 Left knee pop
- 22 Hold
- 23 Right knee pop
- 24 Left knee pop
- 25 Right knee pop
- 26 Hold

JUMP BACK - RIGHT & LEFT, HOLD

- 27 & Right & left back jump
- 28 Hold and clap

FORWARD, TOUCH, BACK, TOUCH, FORWARD, TOUCH, FORWARD, TOGETHER

- 29 Right forward step
- 30 Left toe touch next to right and clap
- 31 Left back step
- 32 Right toe touch next to left and clap
- 33 Right forward step
- 34 Left step next to right and clap
- 35 Right forward step
- 36 Left step next to right and clap

BACK, TOUCH, FORWARD, TOUCH, BACK, TOUCH, BACK, TOGETHER

- 37 Left back step
- 38 Right toe touch next to left and clap
- 39 Right forward step
- 40 Left toe touch next to right and clap
- 41 Left back step
- 42 Right step next to left and clap
- 43 Left back step
- 44 Right step next to left and clap

SIDE TOUCHES

- 45 Right side toe touch
- 46 Together
- 47 Right side toe touch

48 Together
49 Left side toe touch
50 Together
51 Left side toe touch
52 Together

FORWARD HEEL, TOGETHER, BACK TOUCH, TOGETHER

53 Right forward heel
54 Together
55 Left back toe touch
56 Together

FUNKY SWAYS

57 - 60 Left funky sway (sway down and up, scoop arms right to left)
61 - 64 Right funky sway (sway down and up, scoop arms left to right)

HIP BUMPS, HOLD

65 - 67 Left hip bumps
68 Hold and clap

REPEAT

/The three left hip bumps with a clap (end of pattern) and the three right hip bumps with a clap (beginning of pattern) should coincide with the lyrics "shake it to the left, shake it to the right".