

Shake It Out 32 Count, 4 Wall, Improver

Web site: www.linedancermagazine.com

Choreographer: Francien Sittrop (NL) June 2011 Choreographed to: Shake It Out by Belle Perez

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Intro	: Start after 8 counts from the beginning	
1-8 1&2 3&4 5&6 7&8	Hip Bumps R, Coaster Step ,Runs fwd x3 , Mambo Step Touch R Diag. Fwd and Bump Hips R,L,R (Weight stays on L) Step R back, Step L next to R, Step R fwd Run small steps fwd L,R,L Rock R fwd, Recover on L, Step R back	
9 <b>-16</b> 1 & 2 3 & 4	Coaster step, Rock Recover, ½ R step fwd. ¼ R step side, L mambo with to Step L back, Step R next to L, Step L fwd Rock R fwd, Recover on L, ½ Turn R step R fwd (06.00)	ouch
5 & 6 7 & 8 R <b>estar</b>	1/4 Turn R rock L to the L side, Recover on R, Step L over R Rock R to R side(with Hips), Recover on L, Touch R next to L t walls 2, 6, 7	(09.00)
17-24 1 & 2 3 & 4 5 & 6 7 & 8	Samba Step, Lock Step fwd, R Mambo fwd, Sailor ½ turn L Cross R over L, Rock L to L side, Recover on R Step L fwd, Lock R behind L, Step L fwd Rock R fwd, Recover on L, Step R back Cross L behind R with ½ Turn L, Step R to R side, Step L to L side	(03.00)
<b>25-32</b> 1 & 2	Samba Step, Samba ¼ Turn L, Side Hip Bumps, Sailor Stomp ¼ Turn L Cross R over L, Rock L to L side, Recover on R	(,
3 & 4 5 & 6	Cross L over R, 1/4 L step R back, Step L fwd Step R to R side and bump hips R,L,R	(12.00)
7 &8	Cross L behind R with ¼ Turn L, Stomp R to R side, Stomp L to the L side	(09.00)
Restart During walls 2, 6, 7 after count 16, Start again with count 1		

Ending: Last wall of the dance ends on the back wall.

Then Cross R over L and make ½ Turn L to face the front wall again

Have fun and Enjoy

Music download available from iTunes

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