

Website: www.linedancerweb.com Email: admin@linedancerweb.com Shake It! BEGINNER

1 Walls Choreographed by: Todd Lescarbeau Choreographed to: Shake, The by Neal McCoy

SECTION A

HIP SHAKES LEFT, HIP SHAKES RIGHT

1 - 4Shake hips to left 4 times5 - 8Shake hips to right 4 times

3 PIVOT TURNS TO RIGHT

1 - 8 Step forward on ball of left foot, turn 1/4 to right ; repeat 3 more times

FUNKY SHAKES, LOW SHAKES

- 1 4 Lean back holding hands out and shake (4 counts)
- 5 8 Bend forward resting hands on knees and shake (4 counts)

SIDE SHUFFLES AND ROCK STEPS

- 1 & 2 Side shuffle to left (left-right-left)
- 3,4 Rock back onto right foot, rock forward onto left foot
- 5 & 6 Side shuffle to right (right-left-right)
- 7,8 Rock back onto left foot, rock forward onto right foot

TOE TOUCHES WITH 3 TURNS, FULL TURN LEFT

- 1,2 Touch left toe in place, turn 1/4 left stepping left foot forward
- 3,4 Touch right toe next to left, turn 1/4 right stepping right foot forward
- 5 Touch left toe next to right
- 6 8 Execute a full turn to the left stepping (left-right-left)

STEP, HOLD, ROCK STEP, 3 LEFT, HOLD, STEP, BRUSH

- 1,2 Take a small step to right with right foot, hold 1 beat (optional clap)
- 3,4 Rock sideways onto left foot, rock sideways onto right
- 5,6 Turn 1/4 to left stepping on left foot, hold 1 beat (optional clap)
- 7,8 Step forward on right foot, brush left foot forward

2 PIVOT TURNS RIGHT, 3 TURN RIGHT, VINE LEFT, TOUCH

- 1 4 Step forward on ball of left foot, turn 1/2 to right, repeat
- 5 8 Turn 1/4 to right as you step left foot to left, step right foot behind, left foot to left, touch right foot next to left.

SECTION B

HOP FORWARD WITH SHAKES, HOP BACK WITH SHAKES

- & 1,2 Hop forward landing on right then left, shake (lean forward slightly as you shake)
- & 3,4 Hop back landing on left then right, shake (straighten up as you shake)
- & 5 8 Repeat steps & 1,2 & 3,4

/Seven dance sequences are as follows:

/Sequence 1: A,B

- /Sequence 2: A,B,B
- /Sequence 3: A,B
- /Sequence 4: A,B,B
- /Sequence 5: A,B
- /Sequence 6: A,B,B
- /Sequence 7: A,B

/Repeat B until music ends