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Shake Your Rump

BEGINNER

8 Count 4 Walls

Choreographed by: Unknown

Choreographed to: Mover La

Colita, A by Artie The One Man Party

/This is a very short "dance" that the younger crowd loves, especially college age. Simpler than the Macarena, if that's possible. It's a good song/dance for people just starting out. Every place I have shown it, people took to it instantly.

CORNERS OF THE SQUARE, CLAP

/(The way I taught the dance, I asked the class to visualize a square painted on the floor, and they were going to step on the corners.)

- 1 Step right forward lively (upper right corner of box).
- 2 Step left forward lively (upper left corner of box).
- 3 Step right backwards lively (lower right corner of box).
- 4 Step left backwards lively (lower left corner box), and clap hands as foot touches floor. Hold clapped hands in front of you, palm to palm.

HIP ROLLS AND 1/4 TURN

- 5 - 8 Roll hips to the right. At end of beat 8, on the ball of left foot do a 1/4 turn to left

REPEAT

/When you do the 1/4 turn and start dance over, your left foot is in the bottom left corner of the box and your first step will be your right to the upper right corner.

/You can do all sorts of variations in place of the 4 beats of hip rolls, for example:

/Hop forward on both feet four times

/Do four 1/4 turns, tapping your foot outwards on each turn

/Applejack four times