

The Shake

BEGINNER

70 Count 4 Walls Choreographed by: Dale Wall Choreographed to: Shake, The by Neal McCoy

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	SHUFFLE STEP, HALF TURN, SHUFFLE MAKING A QUARTER TURN, ROCK RIGHT BEHIND LEFT
1 & 2	Shuffle forward starting with right foot: right-left-right
3 - 4	Step forward on left, turn 1/2 to the right
5 & 6 7 - 8	As you 1/4 to the right, shuffle left-right-left Right steps back behind left foot, rock back on left
7 - 0	right steps back bettind left toot, took back off left
1 & 2 3 - 4 5 & 6	SHUFFLE, 1/4 FLIP TURN, SHUFFLE KICK KICK At 9 o'clock side shuffle to the right: right-left-right Step forward on left, make a 1-1/4 turn, stepping onto right foot (you should be facing 12 o'clock) Shuffle forward starting with left foot: left-right-left
7 - 8	Right foot kicks forward twice
1 & 2 3 - 4 5 & 6 7 - 8	COASTER STEP, ROCK FORWARD, COASTER STEP KICK, KICK, KICK Right steps back, left steps back beside right, right steps forward Left steps forward, rock back onto right Left steps back, right steps back beside left, left steps forward Right foot kicks forward twice
1 & 2 3 - 4 5 & 6 7 - 8	COASTER STEP, ROCK FORWARD, COASTER STEP, HIP ROLL Right steps back, left steps back beside right, right steps forward Left steps forward, rock back on right Left steps back, right steps beside left, left steps forward Left hip roll, right hip roll
1 - 2 3 & 4 5 - 6 7 - 8	HIP ROLL, SIDE SHUFFLE, HOOK, TURN, STOMP, CLAP Left hip roll, right hip roll Left side shuffle: left-right-left Right hooks behind left Left stomp, clap hands
1 - 2	HITCH UP & DOWN, SIDE SHUFFLE, STOMP, CLAP, HITCH UP & DOWN Hitch back onto heels (toes up) and hitch thumbs over shoulders simultaneously, drop thumbs & feet
3 & 4 5 - 6 7 - 8	simultaneously Left side shuffle: left-right-left Stomp right, clap hands Repeat steps 1-2 in this section
1 - 2 3 - 4 5 - 6 7 - 8	TOE FORWARD, PAUSE, TOE BACK, PAUSE TWIST Right toe forward, pause Right toe back turning body 1/4 turn right, pause Right toe forward, right toe back Right toe forward, right toe back
1 - 2 3 - 4 5 - 6	1/4 TURN, STOMP, CLAP, HITCH & DROP Right steps forward, step 1/4 turn left onto left foot Right stomp, clap hands Hitch back onto heels (toes up) and hitch thumbs over both shoulders, drop thumbs & feet
1 - 2 3 - 4 5 - 6 7 - 8	STEP, BUMP. BUMP, STOMP. CLAP Right steps to right side & bump right hip, bump right hip for second count Left stomp, clap hands Right steps to right side & bump right hip, bump right hip for second count Left stomp, clap hands
	REPEAT