

# THE FUNKY SHAKE

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**Count:** 136

**Wall:** 1

**Level:** intermediate

**Choreographer:** Sheryl Dedert & Connie Bordewick

**Music:** The Shake by Neal McCoy

## SYNCOATED STEPS FORWARD, HIP SHAKES

- &1** Jump slightly forward on right, together on left
- 2-4** Holding foot positions, shake hips for three counts
- &5** Jump slightly forward on right, together on left
- 6-8** Shake hips for three counts, shifting weight to right foot

## HEEL & HEEL & HEEL & SWITCH CROSS OVER

- &9** Right heel out, weight on left
- &10** Left heel out switching weight to right
- &11** Right heel out switching weight to left
- &12** Left heel out switching weight to right
- &13** Switch weight to right foot when right crosses in front of left leg
- 14** Step with weight to left foot (which is behind right at this point)
- 15-16** Step right then left foot (weight ends on left)

## 2 ROMPS, SHUFFLE & ROCK STEP

- &17** Step back right foot with left heel out (romp)
- &18** Left home, right toe touch
- &19** Step back right foot with left heel out (romp)
- &20** Left home, right toe touch
- 21&22** Right shuffle
- 23-24** Rock forward left and back to right foot

## LEFT SHUFFLE, ROCK STEP, JAZZ BOX ¼ TURN TO LEFT

- 25&26** Left shuffle going backwards
- 27-28** Rock back on right then back to left
- 29-32** Crossing right over left turning ¼ turn to left, finish jazz box (weight on left)

## **ROLLING VINES, RIGHT THEN LEFT**

**33-36** Rolling vine to right (4th count is a left touch)

**37-40** Rolling vine to left (4th count is a right touch)

## **2 RIGHT TOE TWISTS, CLAP, 2 LEFT TOE TWISTS, CLAP**

**41&42** Touch right foot out to side with ball of foot on floor and twist twice

**43-44** Step right foot next to left foot (weight to right) clap hands

**45&46** Touch left foot out to side with ball of foot on floor and twist twice

**47-48** Step left foot next to right foot (weight to left) clap hands

## **BOOGIE WALK, RIGHT HALF TURN, THEN QUARTER TURN RIGHT WITH TOUCH**

**49&50** Cross right toe in front of left and go to heel on 50

**51&52** Bring left toe to left and weight to left heel on 52

**53&54** Take right  $\frac{1}{2}$  turn to right, hold on 54

**55&56** Continue to right with a quarter turn stepping left and touch right for 56

## **2 RIGHT HEELS, SWITCH, 2 LEFT HEELS, SWITCH, SINGLE HEELS AND SWITCHES**

### **57-582 right heel digs**

**&59-60** Switch weight to right, extend left heel out to do 2 left heel digs

**&61** Switch weight to left, right heel out

**&62** Switch weight to right, left heel out

**&63** Switch weight to left, right heel out

**&64** Switch weight to right, left heel out but keep close to right foot

## **4 LEFT SHAKES, 4 RIGHT SHAKES**

**65-68** Shake hips to left 4 counts (bringing left heel in home position)

**69-72** Shake hips to right 4 counts

## **8 COUNT ROLL (SHAKE)**

**73-80** Taking hips starting at right from last shake making 4 circles to the left

## **4 FUNKY SHAKES AND 4 LOW SHAKES**

**For this 8 counts, weight is evenly distributed on both feet**

**81-84** Shake left, both hands in upper body area for 4 counts

**85-88** Shake right, both hands lower area for 4 counts

**And yes the body cannot stand still during this part, so shaking as little or as much as you desire**

### **RIGHT OUT, LEFT OUT, RIGHT IN FRONT, LEFT OUT AND SAILOR STEP, ROCK STEP**

**&89** Touch right out to side as weight goes to left foot

**&90** Touch left out to side as weight goes to right foot

**&91** Touch right out in front as weight goes to left foot

**&92** Touch left out to side as weight goes to right foot

**93&94** Sailor step (taking left foot behind right, step right then left)

**95&96** Shift weight from ball of right foot to left foot with right touch

### **ROLLING VINES, RIGHT THEN BACK LEFT**

**97-100** Rolling vines to right with touch on count 100

**101-104** Rolling vine to left with touch on count 104

### **STEP TOUCHES**

**105-106** Step forward right, touch left (45 degree or to 2 o'clock)

**107-108** Step back left, touch right (45 degree to back or 7 o'clock)

**109-110** Step back right, touch left (45 degree to back or 5 o'clock)

**111-112** Step forward, left touch right (45 degree to front at 10 o'clock)

### **VINE RIGHT AND VINE LEFT (THESE ARE NOT ROLLING)**

**113-116** Vine right with a touch on count 116

**117-120** Vine left with a touch on count 120

### **2 RIGHT TOE TWISTS, CLAP, 2 LEFT TOE TWISTS, CLAP**

**121&122** Touch right foot out to side with ball of foot on floor and twist twice

**123-124** Step right foot next to left foot (weight to right) clap hands

**125&126** Touch left foot out to side with ball of foot on floor and twist twice

**127-128** Step left foot next to right foot (weight to left) clap hands

### **8 COUNT ROLL (SHAKE)**

**129-136** Taking hips starting at right from last shake making 4 circles to the left

**REPEAT**

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