

# SHAKE THAT

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Count: —                      Wall: —                      Level: —

Choreographer: Helena Jeppsson

Music: Shake That by Eminem Featuring Nate Dogg

Sequence:CAA AAC BAA ABA CAAA

## PART A

### WALK TWICE, STEP OUT, HEEL BOUNCE, SAILOR STEP TWICE

- 1-2            Walk forward on right, left (12:00)
- &3            Step right foot out to right side (3:00), step left foot out to left side (9:00)
- &4            Bounce heels into the floor once
- 5&6           Cross left foot behind right (4:30), step right foot to right side, step left to left side
- 7&8           Cross right foot behind left (7:30), step left foot to left side, step right to right side

### STEP FORWARD, HITCH, TOUCH BACK, ¼ TURN LEFT, BEND KNEES IN & STRAIGHT, BACK, CROSS

- 1&2           Step forward on right (12:00), hitch left knee, touch left toe back (6:00)
- 3&4           Turn a ¼ turn to left (weight on right), step left foot beside right, step right foot to side (12:00)
- 5&            Bend knees in, as straighten knees step left foot beside right
- 6              Step right foot to side (12:00)
- 7&            Bend knees in, as straighten knees step back on left foot (3:00)
- 8              Cross right foot over left

### ¼ TURN RIGHT, ½ TURN RIGHT, ¼ TURN RIGHT, TOUCH, SIDE, TOGETHER TWICE WITH SHAKE

- 1              Turn a ¼ turn to right as stepping back on left foot (facing 12:00)
- 2              Turn a ½ turn to right as stepping forward on right foot (facing 6:00)
- 3-4           Turn a ¼ turn to right as stepping left foot to side, touch right beside left (facing 9:00)
- 5-6           Step right to right side, step left foot beside right (weight on left) (12:00)
- 7-8           Repeat count 5-6 in this section

## As dancing count 5-8 you can do some shakes

### **SIDE, CROSS ROCK, SIDE, KNEE IN, OUT, COASTER STEP, ½ TURN LEFT TWICE**

- 1 Step right foot to right side
- 2&3 Cross rock left behind right (1:30), recover back onto left, step left foot to left side (6:00)
- &4 Turn right knee in and out
- 5&6 Step back on right foot (3:00), step left foot beside right, step forward on right (9:00)
- 7 Turn a ½ turn to left stepping left foot beside right (3:00)
- 8& Turn a ½ turn to left stepping right foot beside left, shift weight onto left (9:00)

### **PART B**

### **STEP DIAGONALLY FORWARD, ½ TURN RIGHT WITH JUMP, SHAKE**

- 1-2 Take a large step diagonally forward with right (1:30), step left foot beside right
- 3& Jump on both feet turning ¼ turn right twice
- 4 Jump both feet apart (facing 6:00)
- 5-8 Roll hips or shake your bottom

### **STEP DIAGONALLY FORWARD, ½ TURN RIGHT WITH JUMP, SHAKE**

- 1-8 Repeat the previous section

### **CROSS ROCK, SIDE TWICE, BODY ROLL WITH ¼ TURN RIGHT**

- 1&2 Cross rock right foot over left, recover weight onto left, step right to right side (3:00)
- 3&4 Cross rock left foot over right, recover weight onto right, step left to left side (9:00)
- 5-6 Start body roll turning ¼ turn to right, hold
- 7-8 Finish body roll, touch left foot beside right (facing 3:00)

### **SIDE, ROLL HIPS, TOGETHER, SIDE, ¼ TURN RIGHT, POINT BACK, ½ TURN RIGHT, HITCH**

- 1 Step left foot to left side (12:00)
- 2-3 Roll hips counter clock wise, weight ends on left
- &4 Step right beside left, step left to left side
- 5-6 Turn a ¼ turn to right stepping forward, step left foot beside right (6:00)
- 7&8 Point right toe back, turn a ½ turn right, hitch right knee (12:00)

## **PART C**

### **SIDE, CROSS ROCK, $\frac{1}{4}$ TURN LEFT X4**

- 1** Step right foot to right side (3:00)
- 2&** Cross rock left foot behind right (4:30), recover back onto right
- 3** Turn a  $\frac{1}{4}$  turn to left stepping left foot to left side (facing 9:00)
- 4&** Cross rock right behind left (4:30), recover back onto left
- 5** Turn a  $\frac{1}{4}$  turn to left stepping right foot to right side (facing 6:00)
- 6&** Cross rock left foot behind right (10:30), recover back onto right
- 7** Turn a  $\frac{1}{4}$  turn to left, stepping left foot to left side (facing 3:00)
- 8&** Cross right foot behind left, step left foot to left side (12:00)

### **CROSS, MAMBO CROSS, $\frac{1}{4}$ TURN RIGHT, $\frac{3}{4}$ TURN RIGHT, WALK BACK**

- 1** Cross right foot over left
- 2&3** Rock left foot to left side (12:00), recover back onto right, cross left foot over right
- 4** Turn a  $\frac{1}{4}$  turn to right stepping forward on right foot (6:00)
- &** Turn a  $\frac{3}{4}$  turn to right stepping left foot beside right (12:00)
- 5-6-7-8** Walk backwards on right, left, right, left (6:00)