

# SHAKE IT UP

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**Count:** 64

**Wall:** 4

**Level:** intermediate

**Choreographer:** Jim Kollars

**Music:** The Shake by Neal McCoy

## SHAKE IT TO THE LEFT

- 1 Step left to the side while swaying hips to the left
- 2 Replace weight back to right foot while swaying hips to the right
- 3 Step left beside right, place weight on left foot
- & Step right beside left, place weight on right foot
- 4 Step left beside right, place weight on left foot

## SHAKE IT TO THE RIGHT

- 5 Step right to the side while swaying hips to the right
- 6 Replace weight back to left foot while swaying hips to the left
- 7 Step right beside left, place weight on right foot
- & Step left beside right, place weight on left foot
- 8 Step right beside left, place weight on right foot

## VINE TO THE LEFT WITH TRIPLE STEP

- 9 Step left to the side
- 10 Step right crossed behind left
- 11 Step left beside right, place weight on left foot
- & Step right beside left, place weight on right foot
- 12 Step left beside right, place weight on left foot

## FORWARD AND ½ TURN LEFT (TWICE)

- 13 Step forward on right foot
- 14 Pivot ½ turn left on ball of right foot and place weight on left foot
- 15-16 Repeat 13-14

## SHAKE IT TO THE RIGHT

- 17-20 Repeat 5-8

### **SHAKE IT TO THE LEFT**

**21-24** Repeat 1-4

### **SHUFFLE FORWARD**

**25-26** Shuffle forward right-left-right

**27-28** Shuffle forward left-right-left

### **FORWARD AND ½ TURN LEFT**

**29** Step forward on right foot

**30** Pivot ½ turn left on ball of right foot and place weight on left foot

### **3 COUNT JAZZ SQUARE WITH ¼ TURN RIGHT**

**31** Cross right foot over left, place weight on right foot

**32** Step back on left turning ¼ turn right

**33** Step right beside left, place weight on right foot

### **3 COUNT JAZZ SQUARE WITH ¼ TURN LEFT**

**34** Cross left foot over right, place weight on left foot

**35** Step back on right turning ¼ turn left

**36** Step left beside right, place weight on left foot

### **MILITARY TURNS LEFT WITH SWAYING HIP**

**37** Step forward on right while swaying hips to the right and turn ¼ turn left

**38** Step on left foot and sway hips to the left

**39-40** Repeat 37-38

### **SHUFFLE BACK**

**41-42** Shuffle back right-left-right

**43-44** Shuffle back left-right-left

**45-46** Shuffle back right-left-right

**47-48** Shuffle back left-right-left

### **SHUFFLE FORWARD**

**49-50** Shuffle forward right-left-right

**51-52** Shuffle forward left-right-left

**¼ TURN LEFT WITH VINE TO THE LEFT AND TRIPLE STEP**

**53** Cross right foot over left while making a ¼ turn left and put weight on right foot

**54** Step left to the side

**55** Step right crossed behind left

**&** Step left beside right, place weight on left foot

**56** Step right beside left, place weight on right foot

**FORWARD AND ½ TURN RIGHT WITH SHUFFLE FORWARD**

**57** Step forward on left foot

**58** Pivot ½ turn right on ball of left foot and place weight on right foot

**59-60** Shuffle forward left-right-left

**FORWARD AND ½ TURN LEFT WITH SHUFFLE FORWARD**

**61** Step forward on right foot

**62** Pivot ½ turn left on ball of right foot and place weight on left foot

**63-64** Shuffle forward right-left-right

**REPEAT**

**Include the following steps for the second and fourth sets only**

**65-72** Repeat 57-64