

# Just Shake

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**Count:** 72

**Wall:** 2

**Level:** Intermediate / Advanced

**Choreographer:** Maria Maag , Dk, Nov 2014

**Music:** Shake That Rhythm by Frank Lauridsen ( Album : How it feels to be Frank Lauridsen) length : 4:02

**Sequence: B, A, B, A, A 40 & counts, B, A, A, B, B 5 counts**

**Intro: 16 counts from first beat**

**Restart: After 40 counts of the 3rd part A ( facing 6:00 ) step fw. L on the & count, then Restart dance with part B**

**Ending: After 5 counts of the last B ( facing 6:00 ) make a ½ turn R on L on count 6...The End □**

## Part A

**[1 - 8] Walk walk, sailor step ¼ R, roll knee L+R, cross side together flick R**

- 1-2** Walk fw. R (1), walk fw. L (2) 12:00
- 3&4** Cross R behind L (3), turn ¼ R stepping L to side (&), step R to side as you roll your R knee from L to R 03:00
- 5-6** Roll L knee and step out L (5), roll R knee and step out R (6) 03:00
- 7&8** Cross L over R (7), step R to side (&), step L next to R and flick R (8) 03:00

**[9 - 16] Weave L, behind side cross, rock L to side recover ¼ L, coaster step back L**

- 1-2** Cross R over L (1), step L to side (2) 03:00
- 3&4** Cross R behind L (3), step L to side (&), cross R over L (4) 03:00
- 5-6** Rock L to side (5), recover R and turn ¼ L (6) 12:00
- 7&8** Step back L (7), step R next to L (&), step fw. L (8) 12:00

**[17 - 24] Step fw. R roll hip ccw ¼ L. touch L, ¼ ¼ R cross L, rock R to side, recover L, cross R ¼ R back lockstep L**

- 1-2** Step fw. R and do a hip roll from L to R as you make a ¼ turn L (1) touch L (2) 09:00
- 3&4** Turn ¼ R stepping back L (3), turn ¼ R stepping R to side (&), cross L over R (4)03:00
- 5-6** Rock R to side (5), recover L (6) 03:00

**7&8&** Cross R over L (7), turn  $\frac{1}{4}$  R stepping L (&), cross R over L (8), step back L (&)06:00

**[25 - 32]  $\frac{1}{4}$  R stepping R to side point L to L, triple  $\frac{1}{2}$  L,  $\frac{1}{2}$  turn R, walk L walk R, out out L+R, step L next to R**

**1-2** Turn  $\frac{1}{4}$  R stepping R to side (1), point L to side (2) ( prep R ) 09:00

**3&4** Turn  $\frac{1}{4}$  L stepping down L (3), step R next to L (&), turn  $\frac{1}{4}$  L stepping fw. L (4)03:00

**5-6 $\frac{1}{2}$  turn R stepping fw. R (5), walk fw. L (6) 09:00**

**7&8&** Walk fw. R (7), step out L (&), step out R (8), step L next to R (&) 09:00

**[33 - 40] Heel grind R step L to L, behind side cross, side rock back rock, side step L spiral  $\frac{3}{4}$  R, step fw. R**

**1-2** Cross R over L (1) step L to side as you grind R heel R (2) 09:00

**3&4** Cross R behind L (3), step L to L side (&), cross R over L (4) 09:00

**5&6&** Rock L to side (5), recover R (&), rock back L (6), recover R (&) 09:00

**7-8** Step L to side and do a spiral turn  $\frac{3}{4}$  R (7) step down R (8) 06:00

**[41 - 48] Rock fw. L recover R, coaster step back L. step  $\frac{1}{2}$  turn L, triple full turn L**

**1-2** Rock fw. L ( option: body roll ) (1), recover R (2) 06:00

**3&4** Step back L (3), step R next to L (&), step fw. L (4) 06:00

**5-6** Step fw. R (5), make a  $\frac{1}{2}$  turn L stepping down L (6) 12:00

**7&8** Make a  $\frac{1}{2}$  turn L stepping back R (7), make a  $\frac{1}{2}$  turn L stepping fw. L (&), step fw. R (8)12:00

**[49 - 56] Step fw. L  $\frac{1}{2}$  turn R, rocking chair L, step diagonally fw. L touch R, step diagonally fw. R. touch L, step fw. L, kick ball R step L**

**1-2** Step fw. L (1), make a  $\frac{1}{2}$  turn R stepping fw. R (2) 06:00

**3&4&** Rock fw. L (3), recover R (&), rock back L (4), recover R (&) 06:00

**5&6&** Step L diagonally fw. L (5), touch R next to L (&), step R diagonally fw. R (6), touch L next to R (&) 06:00

**7&8&** Step fw. L (7), kick R fw. (&), step R next to L (8), step fw. L (&) 06:00

## **Part B**

**[1 - 8] Hip bump R fw. And  $\frac{1}{4}$  L, sailor step  $\frac{1}{4}$  L, step dip/roll hip fw. Rocking chair**

- 1&2** Touch fw. R and bump R hip fw. (1), recover L (&), turn  $\frac{1}{4}$  L and bump R hip R (2) 09:00
- 3&4** Cross L behind R (3), turn  $\frac{1}{4}$  L stepping down R (&), step fw. L (4) 06:00
- 5&6** Place R foot fw. (5), dip and roll hips fw. (&), step down R (6) 06:00
- 7&8&** Rock fw. L (7), recover R (&), rock back L (8), recover R (&) 06:00

**[9 - 16] Repeat count 1-8 with L foot leading**

- 1&2** Touch fw. L and bump L hip fw. (1), recover R (&), turn  $\frac{1}{4}$  R and bump L hip L (2) 09:00
- 3&4** Cross R behind L (3), turn  $\frac{1}{4}$  R stepping down L (&), step fw. R (4) 12:00
- 5&6** Place L foot fw. (5), dip and roll hips fw. (&), step down L (6) 12:00
- 7&8&** Rock fw. R (7), recover L (&), rock back R (8), recover L (&) 12:00

**Enjoy**

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