

# Shake It Off

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**Count:** 64      **Wall:** 4      **Level:** High Beginner

**Choreographer:** Teresa Chen, Taiwan (Dec 2014)

**Music:** Shake it off by Taylor Swift

## Intro: 16 count - 1 TAG

### (S1) R Hands Up, L Hands Up, Swivel R

1-2      Bend knees ,up(with R hands up)

3-4      Bend knees ,up (with L hands up)

5 6 7 8      Weight on both feet, swivel heels to R, toes to R, heels to R, toes to R(progressing right)

### (S2) L Hands Up, R Hands Up, Swivel L

1-2      Bend knees ,up (with L hands up)

3-4      Bend knees ,up (with R hands up)

5 6 7 8      Weight on both feet, swivel heels to L, toes to L, heels to L, toes to L(progressing left)

### (S3) Step Rf forward, Clap hands, Clap hips

1      Step Rf forward(with R hips to forward)

2&3      Clap hands twice, L hips to backward

4      Clap R hips

5      Step Rf forward(with R hips to forward)

6&7      Clap hands twice, L hips to backward

## 8. Clap R hips

### (S4) Rf low kick, Lf low kick, 1/4L Turn, Rf low kick, Lf low kick(with snap fingers)

1,2      Rf low kick , Rf step

3,4      Lf low kick, Lf step

### 5,6!4 L turn, Rf low kick, Rf step

7,8      Lf low kick, Rf step

### (S5) Swivel R, shimmy

1 2 3 4      Weight on both feet, swivel heels to R, toes to R, heels to R, toes to R(progressing right)

5 6 Shimmy forward

7 8 Shimmy backward

### **(S6) Swivel L, shimmy**

1 2 3 4 Weight on both feet, swivel heels to L, toes toLR, heels to L, toes to L(progressing left)

5 6 Shimmy forward

7 8 Shimmy backward

### **(S7) Out, out, in, in(Hand movements: shake hands out)**

1 2 Rf forward out

3 4 Lf forward out

5 6 Rf backward in

7 8 Lf backward in

### **(S8) 1/2 L turn, Rf step, Lf flick,Lf step , Rf flick, repeat**

1 2 Rf step, Lf flick (1/8 L turn)

3 4 Lf step, Rf flick (1/8 L turn)

5 6 Rf step, Lf flick (1/8 L turn)

7 8 Lf step, Rf flick (1/8 L turn)

### **TAG(8 count): After section 4 of wall 7(3:00), continue with section 5 after TAG**

1-8 Bump hips(R,L,R,L,R,L,R,L)

### **Happy Dancing!**

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