

SHAM ROCK SHAKE

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Count: 32

Wall: 4

Level: intermediate

Choreographer: Robert & Regina Padden

Music: Tell Me Ma by Sham Rock

STEP, KICK, CROSS-BALL-CHANGE, CROSS-BALL-CHANGE

- 1-2** Step forward on right foot, kick left foot forward
- 3&4** Cross left foot in front of right, step right foot to right side, rock weight onto left foot (forward left sailor step)
- 5&6** Cross right foot in front of left, step left foot to left side, rock weight onto right foot (forward right sailor step)

TWO-PART MILITARY TURN, ½ TURN TRIPLE IN PLACE

- 7-8** Step forward with left foot, pause 1 beat (clap)
- 9-10** Pivot half turn right on balls of both feet, pause 1 beat (clap)
- 11&12** Step left, right, left in place completing half turn to the right (turning 3 step shuffle)

WALK, WALK, TOUCH-SCUFF-STEP

- 13-14** Step forward right, step forward left
- 15&16** Touch right toe behind left foot, scoot back on left foot, step back on right foot

SHUFFLES, CROSS, UNWIND, BUMP-BUMP

- 17&18** Shuffle forward left-right-left
- 19&20** Shuffle forward right-left-right
- 21-22** Cross left over right, unwind three quarter turn to the right
- 23-24** Do the shamrock shake ie bump hips forward twice while holding hands behind your head or anything else you can think of.

HEEL TAP SCOOTS

- 25&** Touch left heel forward, hitch left & scoot forward on right foot
- 26&** Touch left heel forward, hitch left & scoot forward on right foot
- 27&** Touch left heel forward, hitch left & scoot forward on right foot
- 28&** Touch left heel forward, hitch left & scoot forward on right foot

HEEL AND TOE TAPS

- 29& Touch left heel forward, step weight onto left foot
- 30& Touch right heel forward, step weight onto right foot
- 31& Touch left toe behind right foot, step weight onto left foot
- 32 Touch right beside left (weight remains on left)

REPEAT

OPTIONAL STEPS 25 -28

(MEDIUM)

- 25& Touch left heel forward, hitch left & scoot forward on right foot
- 26 Touch left heel forward
- 27&28 Clap hands 3 times
- & Lift left heel off floor

(EASY)

- 25& Touch left heel forward, lift left heel off floor
- 26& Touch left heel forward, lift left heel off floor
- 27& Touch left heel forward, lift left heel off floor
- 28& Touch left heel forward, lift left heel off floor

TRY AND ADD THE FOLLOWING TO STEPS 29-32

- 29 Clap hands at waist level on count 29
- 30 Clap hands above head on count 30
- 31 Clap hands behind your back on count 31
- 32 Clap hands in front on count 32