

# SHIMMY 'N SHAKE

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**Count:** 48      **Wall:** 4      **Level:** beginner

**Choreographer:** Joanne Brady & Kathy Sharpe-Arrant

**Music:** Shake That Thing by The Fantastic Shakers

## **FORWARD DIAGONAL RIGHT, SHAKE, RECOVER, SHAKE HIPS, BACK DIAGONAL RIGHT, SHAKE, RECOVER, SHAKE**

**1-2**      Step right foot forward on diagonal to right, shake hips

**3-4**      Recover weight to left foot, shake hips

**5-6**      Step right back on a diagonal, shake hips

**7-8**      Recover weight to left foot, shake hips

## **FORWARD RIGHT, LEFT, RIGHT, HOLD, TAP HEEL 3X, HOLD**

**1-4**      Walk forward right, left, right, hold (both hands down by sides, palms down)

**5-8**      Tap right heel in place three times (with attitude), hold

## **HIP BUMPS RIGHT, HIP BUMPS LEFT, TWO HIP ROLLS**

**1-4**      Bump hips right twice, bump hips left twice

**5-8**      Roll hips to the left twice (two counts per roll)

## **SHIMMY SHOULDERS FORWARD, BACK, RIGHT, LEFT**

**1-4**      Shimmy shoulders forward for 2 counts (leaning forward, shimmy shoulders back for 2 counts (leaning back)

**5-8**      Shimmy shoulders to right for 2 counts (leaning right), shimmy shoulders to left for 2 counts (leaning left)

## **SIDE SHUFFLE RIGHT, BACK ROCK, SIDE SHUFFLE LEFT, BACK ROCK**

**1&2-3-4**      Shuffle side right, step left foot back behind right, recover weight to right foot

**5&6-7-8**      Shuffle side left, step right foot back behind left, recover weight to left foot

## **TWO 1/8 ROLLING TURNS LEFT, SIDE, ROCK, BACK, ROCK, SIDE, ROCK, TOUCH**

**1-2**      Step right ball of foot to right side and while rolling hips to the left, turn 1/8 turn to left

**3-4**      Repeat 1-2

- 5&6&** Step right ball of foot to right side, recover weight to left, step right ball of foot behind left foot, recover weight to left foot
- 7&8&** Step right ball of foot to right side, recover weight to left foot, step right ball of foot behind left foot, recover weight to left

**REPEAT**