

Shake

LINEDANCE.COM

Count: 32

Wall: 4

Level: Beginner / Intermediate

Choreographer: Lyra - Oct 2016

Music: Shake by Funkocity - BUY HERE - WWW.DANCESTARS.DANCE/DOWNLOADS/SHAKE

SHAKE, SHAKE, DROP IT DOWN, SHAKE IT UP

- 1-2-3-4** Stand With Feet Shoulder Width Apart, Knees Bent, Shake Hips, Hands in Circular Motions (Hands In Front, Palms Down, At Waist)
- 5-6** Slap Thighs, Go Down To Sitting Position (Shake Hips) Hold Pose (Shake Hips)
- 7-8** Shake Hips, Bring Body Up To Original Position

HOP JUMP, ROLL HIPS, HOP JUMP, ROLL HIPS

- &** Hop Feet Together
- 1** Jump Out
- 2-3-4** Roll Hips Around
- &** Hop Feet Together
- 5** Jump Out
- 6-7-8** Roll Hips Around

STEP FORWARD, TOE - HEEL, SHIMMY SHOULDERS

- 1** Step Forward Right Toe, Arms Out, Bring Right Shoulder Forward
- 2** Drop Right Heel Down, Arms Out, Bring Right Shoulder Back
- 3** Step Forward Right Toe, Arms Out, Bring Right Shoulder Forward
- 4** Drop Right Heel Down, Arms Out, Bring Right Shoulder Back
- 5** Step Forward Right Toe, Arms Out, Bring Right Shoulder Forward
- 6** Drop Right Heel Down, Arms Out, Bring Right Shoulder Back
- 7** Step Forward Right Toe, Arms Out, Bring Right Shoulder Forward
- 8** Drop Right Heel Down, Arms Out, Bring Right Shoulder Back

TWIST BACK, TWIST TURN, 1/4 TURN TO LEFT

- 1** Twist Feet In, Left Step Back
- 2** Twist Feet Out

- 3 Twist Feet In, Left Step Back
- 4 Twist Feet Out
- 5-6 Step Right - Step Left, Twist To Left
- 7-8 Step Right - Step Left, Twist To Left

Start Over

Contact: dancestars@dancestars.dance

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=114063