

# Shake It Off

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**Count:** 64

**Wall:** 4

**Level:** Easy Intermediate

**Choreographer:** Alison Biggs & Peter Metelnick , TheDanceFactoryUK – Nov 2014

**Music:** Shake It Off – Taylor Swift

**Start after 8 count intro if you count slow; 16 if you count it fast -**

**Start approx. 5 secs into song - [3mins 35secs - 160 bpm]**

**[1-8] R fwd step/lock/step/scuff, L fwd step/lock/step/scuff**

**1-4** On slight right diagonal: step R forward, lock L behind R, step R forward, scuff L forward

**5-8** On slight left diagonal: step L forward, lock R behind L, step L forward, scuff R forward

**[9-16] ¼ R jazz box, 1/8 R heel step, 1/8 R heel step**

**1-4** Cross step R over L, step L back, turning ¼ right step R side, step L forward (3 o'clock)

**5-8** Touch R heel forward, turning 1/8 right step R down, touch L heel forward, turning 1/8 right step L down (6 o'clock)

**[17-24] R fwd, twist L together & touch, L fwd diagonal step touch, R back diagonal step touch**

**1-4** Step R forward on right diagonal (bigger step), twist L heel in, twist L toes in, touch L together

**5-8** Step L forward on left diagonal, touch R together, step R back on right diagonal, touch L together

**[25-32] L back & hip bumps, ¼ R step touch, ½ L step scuff**

**1-4** Step L back on left diagonal bumping hips L, bump hips R, bump hips L, touch R together

**5-8** Step R side, touch L together turning body ¼ to right, turning body ½ left step L forward, scuff R forward

**(3 o'clock)**

**TAG/RESTART WALL 7:**

**During wall 7 which starts facing the back wall, dance the first 32 counts to end facing left side wall.**

**Add the 8 count Tag and Restart the dance facing the back wall.**

**1-4 Step R forward, hold, pivot  $\frac{1}{4}$  left, hold**

**5-8 Bump hips R, L, R, as you sway your hips to the left touch R together**

**[33-40] R fwd rock/recover, R back, L kick/hitch, L back, R back, L back rock/recover**

**1-4** Rock R forward, recover weight on L, step R back, kick/hitch L

**5-6** Step L back, step R back, rock L back, recover weight on R

**[41-48] L side toe strut, R back rock/recover, grapevine right**

**1-4** Touch L toes side, step L down, rock R back, recover weight on L

**5-8** Step R side, cross step L behind R, step R side, cross step L over R

**[49-56] R side toe strut, L back rock/recover, grapevine left with  $\frac{1}{2}$  L & scuff/hitch**

**1-4** Touch R toes side, step R down, rock L back, recover weight on R

**5-8** Step L side, cross step R behind L, turning  $\frac{1}{4}$  left step L forward, turning  $\frac{1}{4}$  left on L scuff/hitch R (9 o'clock)

**[57-64] R side & bump hips R, bump L, bump R, touch R together,  $\frac{1}{2}$  R Monterey turn with claps**

**1-4** Step R side bumping hips, bump hips L, bump hip R, bump hips L touching R together

**5-8** Point R side, turning  $\frac{1}{2}$  right step R together, point L side, step L together (3 o'clock)

**(Optional claps on 6-7-8 as you execute the Monterey turn which hits the claps in the song)**

**BIG ENDING: Step R forward and strike a pose!**

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