

SHAKE IT UP

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Count: 68

Wall: 2

Level: intermediate

Choreographer: Lauren & Ashley Churchill

Music: Shake It Up by The Cars

1&2-3-4 Shuffle right side right, left, right, rock back on left, step forward on right

5&6-7-8 Shuffle left side left, right, left, rock back on right, step forward on left

1&2-3&4 Right kick ball change (right, left) moving forward, repeat

5-6-7&8 Step forward on right, pivot $\frac{1}{2}$ turn. Left, right kick ball change moving forward (right, left)

1-4 Step right across left, step back left, step right side, step left turning $\frac{1}{4}$ turn. Left

5-8 Reggae - step right across left, step back left, step right side, step left together

1 Touch right toe towards left instep with heel turned out

2-3&4 Touch right heel towards left instep with toe turned out, step right, left, right

5-6-7&8 Repeat last 4 beats on left

1-2-3&4 Step forward on right, pivot $\frac{1}{2}$ turn. Left, shuffle forward right, left, right

5&6-7-8 Shuffle forward left, right, left, step forward on right pivot $\frac{1}{2}$ turn. Left

1-4 Step forward on right at 45 degrees & bump hips right twice, bump hips left twice

5-6-7-8 Grind hips to the left for 2 repetitions

1-2-3 Moving forward at 45 degrees right - turn full turn. Right stepping right, left, right,

&4 Clap, stomp left together & clap

1-2-3 Moving forward at 45 degrees left - turn full turn. Left stepping left, right, left,

&4 Clap, stomp right together & clap

1-4½ Monterey turn - touch right side, turn ½ step right together, touch left toe side, step left beside right

5-8½ Monterey turn ending with a touch left beside right

1&2-3-4 Shuffle left side, turning ¼ turn. Right rock back on right, step forward on left

5&6 Touch right heel forward, step right together, touch left heel forward

&7&8 Step left beside right, touch right heel forward, clap, clap.

REPEAT