

THE SHAKE

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Count: 40

Wall: 4

Level: beginner/intermediate

Choreographer: Melanie Painter

Music: The Shake by Neal McCoy

ROCK STEPS AND SHUFFLES

- 1 Rock forward onto right foot
- 2 Rock back onto left
- 3 Step back onto right foot
- 4 Rock forward onto left
- 5&6 Shuffle step right-left-right
- 7 Rock forward onto left foot
- 8 Rock back onto right
- 9 Step back on left foot
- 10 Rock forward onto right
- 11&12 Shuffle step left-right-left

½ TURN, ½ TURN, ¼ TURN (ALL TO LEFT)

- 13 Step right foot forward
- 14 Pivot ½ turn to left
- 15-16 Repeat steps 13-14
- 17 Step forward on right

18¼ turn to left

HEEL TAPS

- 19-20 Tap right heel forward twice
- 21-22 Tap right heel back twice
- 23 Tap right heel forward
- 24 Step right in place

LOCK STEP LEFT-RIGHT-LEFT, STEP SLIDE

- 25&26** Lock step left-right-left (left stepping forward, right toe hooking behind left heel, left foot stepping forward)
- 27-28** Step up right, slide left up next to right and touch
- 29-30** Step back left, touch right next to left

HIP BUMPS, AND ½ TURN LEFT

- 31-32** Double bump to left
- 33-34** Double bump to right
- 34-38** Bump left-right-left-right
- 39** Step forward right
- 40** Turn ½ turn left (left foot taking weight to begin again)

REPEAT