

S & S SHAKE

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Count: 68 **Wall:** 2 **Level:** —

Choreographer: Sue Gerrits & Sonja Palmer

Music: The Shake by Neal McCoy

HIP BUMPS, HOLD, HIP ROLLS

- 1-3 Right hip bumps
- 4 Hold and clap
- 5-6 Hip roll
- 7-8 Hip roll

TOE & TOE

- 9& Right toe touch next to left, together
- 10 Left toe touch next to right

LEFT ROLLING VINE, RIGHT VINE WITH ½ TURN

- 11 Step left on left foot turning ¼ left
- 12 Cross right foot over left foot pivoting ½ left
- 13 Step left on left foot turning ¼ left
- 14 Touch right foot beside left foot
- 15 Step right on right foot
- 16 Cross left foot behind right foot
- 17 Step right on right foot with ½ turn to right
- 18 Touch left foot beside right foot

KNEE POPS

- 19 Right knee pop
- 20 Hold
- 21 Left knee pop
- 22 Hold
- 23 Right knee pop
- 24 Left knee pop

25 Right knee pop

26 Hold

JUMP BACK - RIGHT & LEFT, HOLD

27& Right & left back jump

28 Hold and clap

FORWARD, TOUCH, BACK, TOUCH, FORWARD, TOUCH, FORWARD, TOGETHER

29 Right forward step

30 Left toe touch next to right and clap

31 Left back step

32 Right toe touch next to left and clap

33 Right forward step

34 Left step next to right and clap

35 Right forward step

36 Left step next to right and clap

BACK, TOUCH, FORWARD, TOUCH, BACK, TOUCH, BACK, TOGETHER

37 Left back step

38 Right toe touch next to left and clap

39 Right forward step

40 Left toe touch next to right and clap

41 Left back step

42 Right step next to left and clap

43 Left back step

44 Right step next to left and clap

SIDE TOUCHES

45 Right side toe touch

46 Together

47 Right side toe touch

48 Together

- 49 Left side toe touch
- 50 Together
- 51 Left side toe touch
- 52 Together

FORWARD HEEL, TOGETHER, BACK TOUCH, TOGETHER

- 53 Right forward heel
- 54 Together
- 55 Left back toe touch
- 56 Together

FUNKY SWAYS

- 57-60 Left funky sway (sway down and up, scoop arms right to left)
- 61-64 Right funky sway (sway down and up, scoop arms left to right)

HIP BUMPS, HOLD

- 65-67 Left hip bumps
- 68 Hold and clap

REPEAT

The three left hip bumps with a clap (end of pattern) and the three right hip bumps with a clap (beginning of pattern) should coincide with the lyrics "shake it to the left, shake it to the right".