

SHAKE

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Count: 64

Wall: 4

Level: intermediate

Choreographer: Alison Smith

Music: Shake by Five

ROCK & CROSS, UNWIND, CLAP, HEEL JACK TWICE

- 1&2** Rock right, rock left, cross right over left
- 3-4** Unwind $\frac{3}{4}$ turn to left, clap
- &5** Step right diagonally back right, touch left heel diagonally forward left
- &6** Step left to place, touch right beside left
- &7&8** Repeat &5&6

ROCK & CROSS, UNWIND, CLAP, HEEL JACKS TWICE

- 9-16** Repeat steps 1-8

MAMBO FORWARD, MAMBO BACK, ROCKS AND CROSSING SHUFFLE

- 17&18** Rock forward onto right, rock back onto left, step right beside left
- 19&20** Rock back onto left, rock forward onto right, step left beside right
- 21-22** Rock to right side, rock to left side
- 23&24** Cross right over left, step left beside right, cross right over left

ROCK LEFT AND RIGHT, $\frac{1}{2}$ TURN RIGHT, $\frac{3}{4}$ TURN RIGHT, TOE TOUCHES

- 25-26** Rock to left side, rock to right side
- 27-28** On ball of right foot turn $\frac{1}{2}$ right onto left foot, on ball of left foot turn $\frac{3}{4}$ right onto right foot

TOE TOUCHES

- 29-30** Touch left to left side, touch left in front of right
- 31-32** Touch left to left side, touch left behind right
- 33-36** Repeat steps 29-32

UNWIND $\frac{1}{4}$ LEFT, STEP, HEEL TAPS $\frac{1}{4}$ TURN SHIMMY, JUMPS & CLAPS

- 37-40** Unwind $\frac{1}{4}$ left (placing weight on left) step forward on right, tap heels x 3
- 41-44** Shimmy turning $\frac{1}{4}$ left on balls of both feet

45-46 Jump back right then left, clap

47-48 Jump back right then left, clap

STEP TOUCHES

49-50 Step right in front of left, touch left to left side

51-52 Step left in front of right, touch right to right side

STEP TOUCHES, TOUCHES, ROCKS

53-56 Repeat steps 49-52

57-58 Touch right in front of left, touch right to right side

59-60 Repeat steps 57-58

61-64 Rock to right, rock to left, rock to right, rock to left

REPEAT