

SHAKE A LEG

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Count: 32

Wall: 4

Level: beginner/intermediate

Choreographer: Lady Lace

Music: Shake A Leg by Roll Deep

FORWARD & BACK ROCKS, STEP, HOLD & FORWARD SHUFFLE

- 1-2&** Rock forward right, recover onto left, step right beside left
- 3-4** Rock back left, recover onto right
- 5-6** Step left forward, hold
- &7&8** Step ball of right behind left, step left forward, close right to left, step left forward

ROCK FORWARD, $\frac{3}{4}$ TRIPLE TURN, SIDE, TOGETHER, SIDE, SLIDE & HITCH

- 1-2** Rock forward right, recover onto left
- 3&4** Step right $\frac{1}{4}$ turn right, step left beside right, step right $\frac{1}{2}$ turn right
- 5-6** Large step left to side, step right beside left (sway hips left, right)
- 7-8** Large step left to side, slide right towards left, hitch or touch right beside left

FORWARD TOE SWITCHES, ROCK $\frac{1}{4}$ TURN, MAMBO CROSS

- 1-2&** Touch right toe forward, hold, step right beside left
- 3-4&** Touch left toe forward, hold, step left beside right
- 5-6** Rock right forward, making $\frac{1}{4}$ turn left recover onto left
- 7&8** Rock right to right side, recover onto left, cross step right over left

$\frac{1}{4}$ TURN TOE STRUT, TOE STRUT, STEP LOWER PIVOT $\frac{1}{2}$ TURN, ROCK BACK RECOVER

- 1-2** Touch ball of left forward making $\frac{1}{4}$ turn left, step heel down
- 3-4** Touch ball of right forward, step heel down

Option: during count 1-2 roll right shoulder back, 3-4 roll left shoulder back

- 5-6** Small step left forward, lowering body pivot $\frac{1}{2}$ turn right
- 7-8** Rock back onto right, recover onto left (raise up body)

REPEAT