

# THE SHAKE

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**Count:** 64                      **Wall:** 2                      **Level:** —

**Choreographer:** The Buffalo Girls

**Music:** The Shake by Neal McCoy

**The Buffalo Girls are Kelly, Lisa, Debbie, and Toni**

- 1-4**            Step left to left turning body 45 degrees right from front with weight on left and shimmy shoulders for 3 beats and clap on the 4th beat
- 5-8**            Swivel heels right, turning body 45 degrees left from front with weight on right and shimmy shoulders for 3 beats and clap on the 4th beat
- 9**              Step onto left on the spot swinging right hand to the right
- 10**             Click fingers of right hand while looking right
- 11**             Step right behind left swinging right hand across body to left
- 12**             Click fingers of right hand while looking left
- 13**             Step left to left swinging right hand to the right
- 14**             Click fingers of right hand while looking right
- 15**             Step right behind left swinging right hand across body to left
- 16**             Click fingers of right hand while looking left
- 17-20**        Long step right to right with hands on thighs and bending knees and shimmying for first 3 beats as weight is transferred onto right foot, on 4th beat bring left to right, straighten and clap
- 21-24**        Long step left to left with hands on thighs and bending knees and shimmying for first 3 beats as weight is transferred onto left foot on 4th beat bring right to left, straighten and clap
- 25-26**        While shimmying-rock forward onto right, hold
- 27-28**        Pivot ½ turn to the right stepping forward onto right, clap

**29-30** While shimmying-rock forward onto left, hold

**31-32** Step left together, clap

**33-34** Strut forward right, stepping heel, toe

**35-36** Strut forward left, stepping heel, toe

**37-38** Rock back onto right, rock forward onto left

**39-40** Strut forward right stepping heel, toe

**41-42** Strut forward left, stepping heel, toe

**43-44** Rock back onto right, rock forward onto left

### **THE NEXT 8 BEAT SEQUENCE RESULTS IN A $\frac{3}{4}$ TURN**

**45-46** Step right to side bumping hips right, transfer weight back onto left bumping hips left (no change of direction)

**47-48** Step right toe to side, paddle and pivoting  $\frac{1}{4}$  turn to the left

**49-50** Step right toe to side, paddle and pivoting  $\frac{1}{4}$  turn to the left

**51-52** Step right toe to side, paddle and pivoting  $\frac{1}{4}$  turn to the left

**53-54** Step right to side, step left behind

**55-56** Turn  $\frac{1}{4}$  turn to the right stepping right forward, scuff left through turning  $\frac{1}{4}$  turn to the right

**57-60** Bump hips twice to left, bump hips twice to right

**61-64** Touch left behind right, unwind  $\frac{3}{4}$  turn to the left

**65-68** Stomp right beside left, clap

### **REPEAT**