

U SHAKE IT

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Count: — **Wall:** 1 **Level:** beginner/intermediate east coast swing

Choreographer: Judy Cain

Music: The Shake by Neal McCoy

Sequence: AA BB CC D, AA BB CC D, AA BB CC D BBBB

PART A

VINE LEFT & RIGHT

1-4 Step left to left, right behind, left to left, scuff right forward

5-8 Step right to right, left behind, right to right, scuff left forward

STEP SCUFF FORWARD

9-12 Step left forward & scuff right, step right forward & scuff left

13-16 Step left forward & scuff right, step right forward & scuff left

HEEL SWITCHES TRAVELING BACKWARDS

17&18& Step back on left, tap right heel forward, step back on right, tap left heel forward

19&20 Step back on left. Tap right heel forward, clap on count 4

21&22 Step back on right, tap left heel forward, step back on left, tap right heel forward

23&24 Step back on right, tap left heel forward, clap on count 4

HIP ROLLS

25-32 Step left forward and roll hips forward and down, back and up repeat three more times

PART B

SHAKE

Have fun & be creative here

1-2 Step left to left, shimmy shoulders or shake hips for 2 counts

3-4 Right touch beside left, clap

5-6 Step right to right, shimmy shoulders or shake hips for 2 counts

7-8 Left touch beside right, clap

STEP TAPS/FULL RIGHT TURN

- 9-10** Step left forward & touch right next to left
- 11-12** Step right back making a right ½ turn, touch left next to right
- 13-14** Step left forward & touch right next to left
- 15-16** Step right back making a ½ right turn, touch left next to right

PART C

FORWARD ANGLE WALKS/BACKWARD STEP TAPS

- 1-4** Left forward (angle toward left corner), right beside left, left forward, touch right beside left
- 5-8** Right back, touch left next to left, left back, touch right next to left
- 9-12** Right forward (angle toward right corner), left beside, right forward, touch left beside right
- 13-16** Left back, touch right next to left, right back, touch left next to right

PART D

HEEL SPLITS, HEEL STEP

- 1-4** Split heels apart & close together, tap left heel forward and step beside right
- 5-8** Split heels apart & close together. Tap right heel forward and step beside left