

# SHAKIN'

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**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Gloria Johnson

**Music:** The Shake by Neal McCoy

## SHAKES

- 1-2** Bump hips to the left twice
- 2-3** Bump hips to the right twice
- 5-8** Bump hips to the left, to the right, to the left, to the right

## MAMBO STEPS W. ¼ TURN AND ½ TURN

- 9-10** Rock step forward on right foot; step in place on left
- 11-12** Rock step backward on right foot; step in place on left
- 13-14** Step forward on right foot; pivot ¼ turn left
- 15-16** Step forward on right foot; pivot ½ turn left.

## TOE-HEEL SWITCHES

- 17-18** Touch right beside left in-step; touch right heel beside left in-step
- &19-20** Switch weight to right foot and touch left toe beside right instep; touch left heel beside right in-step
- &21** Switch weight to left foot and touch right heel forward
- &22** Switch weight to right foot and touch left heel forward
- &23** Switch weight to left foot and touch right toe to right side
- 24** Step right foot beside left.

## GRAPEVINE LEFT; ROLLING GRAPEVINE RIGHT

- 25-26** Step left foot to left side; step right behind left
- 27-28** Step left foot to left side; step right beside left.
- 29-30** Step right foot to right side pointing foot ¼ turn right; pivot ½ turn right placing weight on left foot
- 31-32** Complete full turn by pivoting ½ right placing weight on right foot; step left beside right.

## REPEAT

