

# T.L. SHAKE

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**Count:** 32

**Wall:** 2

**Level:** intermediate

**Choreographer:** Donna Wasnick

**Music:** If The Good Die Young by Tracy Lawrence

## HEEL STEPS

- 1 Touch right heel forward
- 2 Step down on ball of right foot
- 3 Make  $\frac{1}{2}$  turn on ball of right foot and touch left heel forward
- 4 Step down on ball of left foot
- 5 Touch right heel forward
- 6 Step down on ball of right foot
- 7 Make  $\frac{1}{2}$  turn on ball of right foot and touch left heel forward
- 8 Step down on ball of left foot

## SHUFFLE TURNS

- 9&10 Right shuffle-step forward (right-left-right)
- 11 Step forward on left foot
- 12 Make  $\frac{1}{2}$  turn to right (switching weight to right foot)
- 13&14 Left shuffle-step forward (left-right-left)
- 15 Step forward on right foot
- 16 Make  $\frac{1}{4}$  turn to left on balls of both feet (shift weight to left foot)

## HIP SHAKES

- 17 Step right foot to right and shake right hip
- 18 Shake right hip again
- 19 Make  $\frac{1}{4}$  turn to right on ball of right foot and touch left next to right
- 20 Hold
- 21 Step left foot to left and shake left hip
- 22 Shake left hip again
- 23 Touch right foot next to left

24 Hold

### **BACK HIP SHAKES**

25 Step back on right foot and shake right hip

26 Shake right hip again

27 Step back on left foot and shake left hip

28 Shake left hip again

### **HIP ROLLS**

29 Roll hips forward

30 Roll hips back

31 Roll hips forward

32 Roll hips back (end with weight on left foot)

### **REPEAT**

### **TAG**

### **After wall 3**

### **SHIMMY SHAKES**

1-2 Step right foot to right side and shake right hip twice

3-4 Step left next to right and hold

5-6 Step right foot to right side and shake right hip twice

7-8 Step left next to right and hold

9-10 Step left foot to left side and shake left hip twice

11-12 Step right next to left and hold

13-14 Step left foot to left side and shake left hip twice

15-16 Step right next to left and hold