

THE SHAKE!

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Count: 72 **Wall:** 4 **Level:** beginner/intermediate

Choreographer: Lisa Johns-Grose

Music: The Shake by Neal McCoy

TAP-TAP-RIGHT COASTER-TAP-TAP LEFT COASTER

- 1-2 Tap right heel forward 2x
- 3&4 Step right foot back, step left next to right, step right forward
- 5-6 Tap left heel forward 2x
- 7&8 Step left foot back, step right next to left, step left forward

SIDE-BEHIND-CHA-CHA-SIDE BEHIND-CHA-CHA

- 1-2 Step right to right, step left behind right
- 3&4 Right cha-cha-cha in place
- 5-6 Step left to left, step right behind left
- 7&8 Left cha-cha-cha in place

TOUCH-DOWN-TOUCH-DOWN-BUTTERFLIES-HEEL SPLITS

- 1-2 Touch right out to right side, step right down next to left
- 3-4 Touch left to left side, step left down next to right
- 5-6 Spread heels apart, close heels together
- 7-8 Split toes kick right forward, step right down $\frac{1}{4}$ turn right, step left next to right apart, close toes together

STOMP-CLAP-STOMP-CLAP-STOMP-CLAP-STOMP-CLAP

- 1-2 Stomp right foot forward, hold and clap
- 3-4 Stomp left foot forward, hold and clap
- 5-6 Stomp right foot forward, hold and clap
- 7-8 Stomp left foot forward, hold and clap

SIDE-BEHIND-SIDE-BEHIND-SIDE-STOMP-KICK 2 X

- 1-2 Step right to right, step left behind right
- 3-4 Step right to right, step left behind right

5-6 Step right to right, stomp left next to right

7-8 Kick left forward across right 2 times

SIDE-BEHIND-SIDE-BEHIND-SIDE-STOMP-KICK 2 X

1-2 Step left to left, step right behind left

3-4 Step left to left, step right behind left

5-6 Step left to left, stomp right beside left

7-8 Kick right forward across left 2 times

TOUCH $\frac{1}{4}$ RIGHT-KICK $\frac{1}{4}$ RIGHT-KICK $\frac{1}{4}$ RIGHT-STOMP-STOMP

1-2 Touch right toe behind left heel, pivot $\frac{1}{4}$ turn right (weight remains on left)

3&4 Kick right forward, step right down $\frac{1}{4}$ turn right, step left next to right

5&6 Kick right forward, step right down $\frac{1}{4}$ turn right, step left next to right

7-8 Stomp right in place, stomp left in place

OUT-CROSS-UNWIND-HOLD/CLAP-RIGHT HIPS 2 X-LEFT HIP 2 X

&1-2 Step right out, step left out, cross right over left

3-4 Unwind $\frac{1}{2}$ turn left, hold/clap

5-6 Bump right hip twice

7-8 Bump left hip twice

For styling while doing hip bumps

5-6(Women) touch right hand behind right ear, hold

(Men) put right hand on right rear pocket, hold

7-8(Women) touch left hand behind left ear, hold

(Men) put left hand on left rear pocket, hold

HIPS RIGHT 2X-HIPS LEFT 2X-HIPS RIGHT-LEFT-RIGHT-LEFT

1-2 Bump right hip twice

3-4 Bump left hip twice

5-6 Bump hips right, left

7-8 Repeat 5-6

REPEAT

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=37881