

# Shake It Out

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**Count:** 32      **Wall:** 4      **Level:** Improver

**Choreographer:** Francien Sittrop ( juni 2011 )

**Music:** Shake It Out - Belle Perez (single)

## **Intro : Start after 8 counts from the beginning**

### **[1 - 8] Hip Bumps R, Coaster Step ,Runs fwd x3 , Mambo Step**

- 1 & 2**      Touch R Diag. Fwd and Bump Hips R,L,R (Weight stays on L)
- 3 & 4**      Step R back, Step L next to R, Step R fwd
- 5 & 6**      Run small steps fwd L,R,L
- 7 & 8**      Rock R fwd, Recover on L, Step R back

### **[9-16] Coaster step, Rock Recover , ½ R step fwd. ¼ R step side, L mambo with touch**

- 1 & 2**      Step L back, Step R next to L , Step L fwd
- 3 & 4**      Rock R fwd, Recover on L, ½ Turn R step R fwd (06.00)
- 5 & 6¼ Turn R rock L to the L side, Recover on R, Step L over R (09.00)**
- 7 & 8**      Rock R to R side(with Hips), Recover on L, Touch R next to L

### **\*\*\*\* Restart on walls 2 , 6 , 7**

### **[17-24] Samba Step, Lock Step fwd, R Mambo fwd, Sailor ½ turn L**

- 1 & 2**      Cross R over L, Rock L to L side, Recover on R
- 3 & 4**      Step L fwd, Lock R behind L, Step L fwd
- 5 & 6**      Rock R fwd, Recover on L, Step R back
- 7 & 8**      Cross L behind R with ½ Turn L , Step R to R side, Step L to L side (03.00)

### **[25-32] Samba Step, Samba ¼ Turn L, Side Hip Bumps, Sailor Stomp ¼ Turn L**

- 1 & 2**      Cross R over L, Rock L to L side, Recover on R
- 3 & 4**      Cross L over R, ¼ L step R back, Step L fwd (12.00)
- 5 & 6**      Step R to R side and bump hips R,L,R
- 7 & 8**      Cross L behind R with ¼ Turn L, Stomp R to R side, Stomp L to the L side (09.00)

### **Restart: During walls 2 , 6 , 7 after count 16 , Start again with count 1.**

**Ending: Last wall of the dance ends on the back wall. Then Cross R over L and make ½  
Turn L to face the front wall again**

**Have fun and Enjoy**

**Contact - Website: [www.franciensittrop.nl](http://www.franciensittrop.nl)**

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