

THE SHAKE

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Count: 64 **Wall:** 2 **Level:** beginner/intermediate

Choreographer: "Hillbilly" Rick, Denise Reynolds & David Hoyn

Music: The Shake by Ronnie Beard

1-4 Step left out & forward a little & bump hips to left 4 times while pointing to left

5-8 Bump hips to right 4 times while pointing to the right

1-4 Step back left toe/heel, step back right toe/heel

5-8 Hop backwards 4 times on both feet

Option: step back left toe/heel, step back right toe/heel

1-4 Big step sideways to left, while sliding right over to left make some funky chicken arms

5-8 Big step to right, while sliding left over to right get down low & wiggle

1-4 Step right forward a little & bend over & shimmy shoulders - as you come back up

5-6 Cross right over left & make a full turn to left on balls of your feet

7-8 Open hands out

1-4 Facing forward but moving to right, step right toe heel, cross step left over right toe heel

5&6 Right side shuffle right-left-right

7-8 Rock step back on left, rock forward & step in place on to right

1-4 Facing forward but moving to left, step left toe heel, cross step right over left toe heel

5&6 Left side shuffle left-right-left

7-8 Rock step back on right, rock forward & step in place on left

1&2 Heel switches (right heel out, bring right back in, left heel out)

&3-4& Bring left back in, step forward on right, make $\frac{1}{4}$ turn left

5&6 Heel switches (right heel out, bring right back in, left heel out)

&7-8& Bring left back in, step forward on right, make $\frac{1}{4}$ turn left

1-2 Step forward on right, hold

&3-4 Slide left up next to right, slide step right forward, hold

&5-6 Slide left up next to right, slide step right forward, hold

&7& Slide left up next to right, slide step right forward

&8& Slide left up next to right, slide step right forward

REPEAT