

THE SISTER SHAKE

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Count: 136 **Wall:** 1 **Level:** —

Choreographer: Jamie Phillips & Jacquelyn Morrow

Music: The Shake by Neal McCoy

VINE, KICK, TOE TOUCHES

- 1-4** Right step side, left step behind right, right step side, left kick
- 5-8** Kick, left touch toe out to side, touch heel, touch toe (all in place out to side) (kicks at 45 degrees)
- 9-12** Left step side, right step behind left, left step side, right kick
- 13-16** Kick, right touch toe out to side, touch heel, touch toe (all in place out to side) (kicks at 45 degrees)

VINE WITH ¼ TURN, KICK, WALK WITH ¼ TURN

- 17-20** Right step side, left behind right, right step ¼ turn to the right, left scuff
- 21-24** Left kick, left step back, right step back, left step back ¼ turn to the left

ELVIS KNEES

- 25-28** Feet shoulder width apart bend in right knee, left knee, right knee, left knee
- &** Lower left heel to floor, weight on left
- 29-32** Right toe touch in, out, in, out (moving right foot from shoulder width to the last touch beside left)

AND AGAIN

- 33-64** Repeat counts 1-32

THE SHAKE

- 65-68** Swiveling heels to left, shake it to the left 1&2&3&4 (your hips that is)
- 69-72** Swiveling heels to right, shake it to the right 5&6&7&8
- 73-80** Four hip circles moving hips to the left each 2 beats
- 81-82** Bend knees on & (pelvis is back), straighten legs some and push pelvis forward
- 83-88** Repeat 81-2 3 more times ending with knees bent
- 89-92** Right toe touch back, right step down, left toe touch back, left step down

- 93-96** Repeat 89-92
- 97&98** Right shuffle forward right-left-right
- 99&100** Left shuffle forward left-right-left
- 101-104** Right kick forward, flick right back as you turn ½ turn, right rock step back, left step in place
- 105-112** Repeat above 8 counts
- 113-115** Right push it forward (hips move forward, back, forward)
- 116** Left push it forward
- 117-120** Right toe touch behind left heel, right step beside left, left heel touch forward at a diagonal, left step beside right
- 121-123** Right push it back, (hips move back, forward, back)
- 124** Left push it back
- 125-128** Right heel touch forward at a diagonal, right step beside left, left toe touch behind right heel, left step beside right
- 129-130** Right step side, left toe touch knee turned in feet shoulder width apart
- 131-132** Left step in place, right toe touch knee turned in
- 133-134** Right step in place, left toe touch knee turned in
- 135-136** Left step in place, right toe touch knee turned in

REPEAT