

Shake Shake

LINEDANCE.COM

Count: 32

Wall: 4

Level: High Improver

Choreographer: Ann-Kristin Sandberg (NOR) and Tom Inge Soenju (NOR), February 2019

Music: "Shake Shake" by Nessi. 2:25 (105 bpm) iTunes, Google Play and Amazon.

Intro: 16 counts

Sequence: Repeating sequence.

Tag/Restart: Restart after 16 counts on wall 3 and no tags.

End: Dance as normal till music ends

SECTION 1: OUT-OUT, COASTER STEP, STEP- $\frac{1}{2}$ R PIVOT, STEP-LOCK-STEP

- 1-2** Step RF fwd to R diag, Step LF fwd to L diag
- 3&4** Step RF back, Step LF next to RF, Step RF fwd
- 5-6** Step LF fwd, $\frac{1}{2}$ R turn (weight on RF) (F06:00)
- 7&8** Step LF fwd, Lock RF behind LF, Step LF fwd (Optional: Put arms up (7), Put arms down (&), Put Arms up (8))

SECTION 2: FWD SKATING, KICK-COASTER STEP, STEP- $\frac{1}{4}$ L PIVOT, HEEL OUT-OUT, IN-IN

- 1&2** Skate fwd R, L, R (small steps like you shake from side to side)
- 3&4&** Kick LF fwd, Step back on LF, Step RF next to LF, Step LF fwd
- 5-6** Step RF fwd, $\frac{1}{4}$ L turn (weight on LF) (F03:00)
- 7&8&** Step R heel fwd to right diag, Step L heel fwd to left diag, Step RF back, Step LF next to RF

(Restart here on wall 3)

SECTION 1: STEP-KICK-BACK, BACK ROCK-RECOVER, SIDE-TOGETHER-SIDE-TOUCH, POINT-TOUCH-KICK-BALL

- 1-2** Step RF fwd, Kick LF fwd
- 3-4&** Step LF back, Step RF back, Recover weight onto LF
- 5&6&** Step RF to R side, Step LF next to RF, Step RF to R side, Touch LF next to RF

7&8& Point LF to L side, Touch LF next to R, Kick LF fwd, Step back on ball of LF

SECTION 2: STEP- $\frac{1}{2}$ L PIVOT X2, $\frac{1}{2}$ R TURN TOE-STRUT JAZZ BOX

1-2 Step RF fwd, Half L turn (weight on LF) (F09:00)

3-4 Step RF fwd, Half L turn (weight on LF) (F03:00)

5&6& Cross R toe over LF, Step R heel down, $\frac{1}{8}$ R turn and touch L toe back, Step L heel down (F04:30)

7&8& $\frac{1}{4}$ R turn and touch R toe fwd, Step R heel down, $\frac{1}{8}$ R turn and touch L toe fwd, Step L heel down (F09:00)

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact us:

Ann-Kristin Sandberg :

Mail: anne88@online.no

Facebook: <https://www.facebook.com/annkristin.sandberg.1>

Dances: <https://www.copperknob.co.uk/choreographer/annkristin-sandberg-ID448.aspx>

Tom Inge Soenju:

Mail: tom@soenju.dance

Facebook (Tom Inge Sønju): www.facebook.com/tom.soenju

Website: www.soenju.dance