

# Shake

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**Count:** 64      **Wall:** 4      **Level:** Improver

**Choreographer:** Melissa Lau (NZ) - 22 March 2019

**Music:** Shake by MercyMe

**Notes: 2 walls, 1 restart on wall 5 after 32 counts (change weight) start wall 6 to 9 o'clock wall**

**[1-8] Walk Forward R-L, Step Out, Out, Rock Forward, Sweep, Weave Behind, Side, Cross, Side Rock, Recover, Close**

1-2      Walk Forward RF, walk Forward LF

**&3&4step RF to R-Side, Step LF to L-Side, Rock RF Forward, Recover weight to LF sweeping RF from Front to Back**

5&6      Step RF behind LF, Step LF to L-Side, Cross RF over LF

7&8      Rock LF to L-Side, Recover Weight to RF, Close LF next RF (to Face 10:30)

**[9-16] Toe touch, recover, 1/2 stepping back, making 1/2 Toe touch, recover, Sweep, Jazz Box, Slide To Side, Touch RF next To LF**

1&2      Touch R Toe Forward (to 10:30), Recover weight to LF, Make 1/2 over L-Shoulder stepping RF Back (to Face 4:30)

3&4      Make 1/2 over L-Shoulder touching LF Forward (10:30), Recover Weight to RF, Step LF forward while Sweeping RF across LF

5&6&      Step RF over LF, Step LF back, Step RF to R-Side, Step LF over RF

7,8      Take Large step with RF to Right Side, Sliding LF, touch LF Next RF

**[17-24] Walk Back L-F, coaster Step, Cross Step together x2**

1-2      Walk Back LF, Walk Back RF

3&4      Step LF Back, Step RF Next To LF, Step LF Forward

5&6      Cross RF over LF, Step LF to L-Side, Close RF next to LF (facing 1:30)

7&8      Cross LF over RF, Step RF to R-Side, Close LF next To RF ( Facing 10:30)

**[25-32] Jazz box, step side, touch behind, 1/4 Turn Step, Touch, Out Out, Step Touch**

1,2      Cross RF over LF (Squaring up to 12 o'clock) step LF back

**3&4** Step RF to R-Side, Cross LF over RF, Step RF to R-Side, Touch LF behind RF

**5,6** Making 1/4 turn over L-Shoulder- Step LF Forward, touch RF next to LF

**7&8** Step RF to R-Side, Step LF to L-Side, Step RF in, Touch LF next to RF

**(Restart here on wall 5)**

**[33-40] Sweep RF over LF, Cross, Side, Sweep LF behind RF, Step LF behind RF, Making 1/4 over R-Shoulder Step Forward on RF, Walk Forward LF, Rock Forward RF, Recover, Step Back RF, Step back LF, Making 1/2 turn over R-Shoulder, Step RF Forward**

**1,2&** Step Forward on LF Sweeping RF over LF, Step RF over LF, Step LF to L-Side

**3,4&** Step RF Behind LF Sweeping LF behind RF, (Making 1/4 turn over R-Shoulder) stepping Forward On RF

**5,6&** Walk Forward LF, Rock RF Forward, recover weight to LF

**7,8&** Step RF back, Step LF Back, (making 1/2 turn over R-Shoulder) step forward on RF

**[41-48] Rock LF Forward, Recover with sweep, Weave Behind Side Cross, Step Side, touch making 1/4 turn, repeat, syncopated Weave**

**1,2** Rock LF forward, recover weight to RF sweeping LF behind RF

**3&4step LF behind RF, Step RF to R-Side, cross LF over RF**

**5&6&** Step RF to R-side, (Making 1/4 over L Shoulder) touch LF next RF, Step LF to L-side, (Making 1/4 over L Shoulder), touch RF next RF (facing 12 o'clock wall)

**7&8&** Step RF to R Side, step LF behind RF, Step RF to R, Cross LF over RF

**[49- 56] Press Step RF, Recover, Weave, Press Recover LF, Weave ¼ Turn over R-shoulder**

**1,2** Press RF Forward (Facing 1:30) , Recover weight to LF

**3&4** Step RF Behind LF, Step LF to L-Side, Cross RF over LF

**5,6** Press LF Forward (facing 10:30), Recover weight to RF

**7&8** Step LF behind RF, (Making ¼ over R-Shoulder) Step forward on RF, step Forward on LF (Facing 3 o' Clock wall)

**[57-64] Step ½ turn, Rock Forward, Close together, Walk forward L/R/L, ¼ turn, Step together**

**1,2** Step RF Forward, Make ½ over L-Shoulder (Transferring weight to LF)

**3&4** Rock Forward on RF, Recover weight to LF, Step RF Next to LF

**5,6** Walk forward LF, walk Forward RF

**7&8** Walk forward LF, (Making  $\frac{1}{4}$  of L-shoulder) Step RF to R Side, close LF Next to RF

**COPPERKNOB (144.217.101.242)**

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