

Shake A Little Soul

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Count: 32 **Wall:** 4 **Level:** High Beginner

Choreographer: Glenis Martin (Canada) November 2019

Music: Soul Shake (Tommy Castro) BPM: 156

With many thanks to Marie McLeod for the Chase turn suggestion

NO TAGS, NO RESTARTS!!

Intro: 80 counts (start on lyrics)

S1: GRAPEVINE RIGHT, KICK LEFT, GRAPEVINE LEFT, KICK RIGHT

1,2,3,4 Step RF to right side, step LF behind RF, step right, kick LF forward diagonally

5,6,7,8 Step LF to left side, step RF behind LF, step left, kick RF forward diagonally

S2: CROSSING TOE STRUT RIGHT OVER LEFT, ¼ TURN RIGHT, WEAVE (3:00)

1,2, Crossing RF over LF touch on toe, step right heel down,

3,4 Step back touch left toe, step left heel down

5,6,7,8¼ turn right stepping on RF, cross LF over RF, step right, step LF behind RF

S3: MONTEREY ¼ TURN RIGHT, SIDE ROCK, RECOVER, BACK ROCK, RECOVER (6:00)

1,2 Point RF to right, ¼ turn right stepping RF next to LF

3,4 Point LF to left, step LF next to right

5,6,7,8 Rock RF to right side, recover onto LF, rock RF back, recover onto LF

S4: CHASE TURN ½ LEFT, HOLD, ¼ TURN RIGHT, BOUNCE HEELS TWICE (3:00)

1,2,3,4 Step forward RF (1), make a 1/2 turn left stepping fwd LF (2) step right (3), hold (4)

5,6,7,8 Step fwd left (5), make ¼ turn right (with weight on both feet for 6), bounce heels x 2 (7,8)

Start the dance again

Enjoy

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STEPSHEET TAKEN FROM COPPERKNOB (144.217.101.242)

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=137423