

Shake Up The World

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Count: 52

Wall: 2

Level: Intermediate Phrased

Choreographer: Debbie Rushton (UK) - March 2026

Part A 32 counts, Part B 20 counts

Count in: On lyrics

PHRASING: A B A A B A B- A A

PART A - 32 count 1 wall

TOE HEEL CROSS, TOE HEEL CROSS, SIDE TOUCH, GRAPEVINE $\frac{1}{4}$ TURN, STEP $\frac{1}{4}$ TURN CROSS

- 1&2&** Touch R toe to L instep, Touch R heel to R diagonal, Cross R over L, Touch L toe to R instep
- 3&4&** Touch L heel to L diagonal, Cross L over R, Step R to R side, Touch L beside R
- 5&6** Step L to L side, Cross R behind L, Make $\frac{1}{4}$ turn L stepping L forward
- 7&8** Step R forward, Pivot $\frac{1}{4}$ turn L taking weight on L, Cross R over L

• Styling Option on count 4 - on the chorus A (2nd, 4th and 5th) - Stomp R to R side lifting L leg slightly out to L side, hands out at sides like 'tah dah!' to hit the thunder 'strike' in the lyrics

TURN HITCH TURN HITCH, SIDE BACK ROCK, ROCK & CROSS, RUN ROUND $\frac{3}{4}$ TURN L

- 1&2&** Make $\frac{1}{4}$ turn R stepping L back, hitch R knee, Make $\frac{1}{2}$ turn R stepping R forward, Hitch L knee
- 3 4&** Make $\frac{1}{4}$ turn R stepping L big step to L side, Rock R behind L, Recover forward onto L
- 5&6** Rock R out to R side, Recover onto L, Cross R over L
- 7&8** Run round $\frac{3}{4}$ turn anticlockwise stepping L, R L

STEP CLAP, STEP CLAP, GRAPEVINE, STEP CLAP, STEP CLAP, GRAPEVINE

- 1&2&** Step R forward to R diagonal, Touch L beside R and clap hands at R shoulder height, Step L back on diagonal, Touch R beside L and clap hands at L hip height
- 3&4** Grapevine towards R diagonal (angle body to face 7.30)
- 5&6&** Step L forward to L diagonal, Touch R beside L and clap hands at L shoulder height, Step R back on diagonal, Touch L beside R and clap hands at R hip height

7&8 Grapevine towards L diagonal (angle body to face 10.30)

STEP CLICK, TURN CLICK, ROCK & CROSS, SIDE TOUCH SIDE KICK, BEHIND SIDE CROSS

1&2& Step R forward, Swing arm & click R hand forward at waist height, Pivot $\frac{1}{2}$ turn L, Click R hand

3&4 Make $\frac{1}{4}$ turn L rocking R out to R side, Recover onto L, Cross R over L

5&6& Step L to L diagonal, Touch R beside L, Step R back on diagonal, Kick L forward

7&8 Cross L behind R, Step R to R side, Cross L over R

PART B

SIDE BACK ROCK, $\frac{1}{4}$ SIDE BACK ROCK, $\frac{1}{4}$ SIDE BACK ROCK, $\frac{1}{4}$ SIDE BACK ROCK

1 2& Step R big step to R side, Rock L behind R, Recover onto R

3 4& Make $\frac{1}{4}$ turn R and step L big step to L side, Rock R behind L, Recover onto L

5 6& Make $\frac{1}{4}$ turn R and step R big step to R side, Rock L behind R, Recover onto R

7 8& Make $\frac{1}{4}$ turn R and step L big step to L side, Rock R behind L, Recover onto L

$\frac{1}{4}$ STEP, ROCK & COASTER STEP, KICK BEHIND SIDE CROSS, KICK BEHIND SIDE CROSS

1 2& Make $\frac{1}{4}$ turn R stepping R forward, Rock L forward, Recover back onto R

3&4 Step L back, Step R beside L, Step L forward

5&6& Kick R to R diagonal, Cross R behind L, Step L to L side, Cross R over L

7&8& Kick L to L diagonal, Cross L behind R, Step R to R side, Cross L over R

• RESTART INTO PART A HERE ON 3RD ROTATION OF B

SIDE HOLD, BACK ROCK STEP $\frac{1}{2}$ TURN

1 2 Stomp R out to R side & put hands out to sides to hit the break in the music, Hold count 2 but transfer weight back onto L

3&4& Rock R back, Recover forward onto L, Step R forward, Pivot $\frac{1}{2}$ turn L taking weight onto L

• Styling option for counts 1-2. Body Circle - Stomp R out to R side, bending R knee lean body to R side, bring body to low centre both knees bent, lean body to L side straightening R knee, and bring body up to standing (weight L) - this should make a smooth circular motion from R to L

THE 3RD TIME YOU DANCE PART B, DANCE ONLY THE FIRST 16 COUNTS AND THEN RESTART INTO PART A

Ending - You'll finish after count 16 of A. Run round to front wall and pose for big finish on 17 ☐☐

Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=D843G6S