

# COUPLE-A-SHAKES

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**Count:** 64

**Wall:** —

**Level:** —

**Choreographer:** Sue Hall iday

**Music:** The Shake by Neal McCoy

## HEEL SWIVELS WITH HIP BUMPS

**1-4** Bending knees slightly, swivel heels to the left while bumping hips to the left four times

**5-8** With knees bent, swivel heels to the right, while bumping hips to the right four times

## DIAGONAL VINES, SCUFF

**9** Step forward and diagonally to the left on left foot

**10** Step right foot behind left heel

**11** Step forward and diagonally to the left on left foot

**12** Scuff right foot forward

**13** Step forward an diagonally to the right on right foot

**14** Step left foot behind right heel

**15** Step forward an diagonally to the right on right foot

**16** Scuff left foot forward

## HEEL SWIVELS WITH HIP BUMPS

**The following four beats are done while slowly bending knees**

**17-18** Swivel heels to the left and bump hips to the left twice

**19-20** Swivel heels to the right and bump hips to the right twice

**The following four beats are done while slowly straightening knees**

**21-22** Swivel heels to the left and bump hips to the left twice

**23-24** Swivel heels to the right and bump hips to the right twice

## SHUFFLE FORWARD

**25&26** Shuffle forward, left-right-left

**27&28** Shuffle forward, right-left-right

**29-32** Repeat counts 25-28

## **CROSS STEPS, HOLD**

- 33 Cross left foot over right and step
- 34 Hold
- 35 Cross right foot over left and step
- 36 Hold
- 37-40 Repeat counts 33-36

## **TO THE RIGHT MILITARY PIVOTS, JAZZ SQUARE**

### **Release left hands and raise right hands**

- 41 Step forward on left foot
- 42 Pivot  $\frac{1}{2}$  turn to the right on ball of left foot and shift weight to right foot
- 43-44 Repeat counts 41 & 42

### **Rejoin left hands returning to right side-by-side position facing LOD**

- 45 Cross left foot over right and step
- 46 Step back onto right foot in place
- 47 Step slightly to the left on left foot
- 48 Step right foot next to left

## **SIDE STEP-SLIDES, STEP TOUCHES**

- 49 Step to the left on left foot
- 50 Slide right foot over next to left and step
- 51 Step to the left on left foot
- 52 Touch right toe next to left foot
- 53 Step to the right on right foot
- 54 Slide left foot over next to right and step
- 55 Step to the right on right foot
- 56 Touch left toe next to right foot

## **TO THE RIGHT MILITARY PIVOTS, STOMPS, HIP BUMPS WITH HEEL SWIVELS**

### **Release left hands and raise right hand**

- 57 Step forward on left foot
- 58 Pivot ½ turn to the right on ball of left foot and shift weight to right foot
- 59-60 Repeat counts 57-58

**Rejoin left hands returning to right side-by-side position facing LOD**

- 61 Stomp left foot next to right
- 62 Stomp right foot next to left
- 63 Swivel heels to the right while bumping hips to the right
- 64 Swivel heels to the left while bumping hips to the left

**REPEAT**