

M & J SHAKE

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Count: 44

Wall: 4

Level: beginner

Choreographer: Jesse Smith

Music: The Shake by Neal McCoy

VINES, SCUFFS

- 1 Step to the right on right foot
- 2 Cross left foot behind right and step
- 3 Step to the right on right foot
- 4 Scuff left foot forward
- 5 Step to the left on left foot
- 6 Cross right foot behind left and step
- 7 Step to the left on left foot
- 8 Scuff right foot forward

WALK FORWARD, HITCH, WALK BACK, TURN, HITCH

- 9 Walk forward on right foot
- 10 Walk forward on left foot
- 11 Walk forward on right foot
- 12 Hitch left knee
- 13 Walk back on left foot
- 14 Walk back on right foot
- 15 Walk back on left foot making a $\frac{1}{4}$ turn to the left
- 16 Hitch right knee

STEPS BACK, HOLDS WITH CLAPS

- 17 Step back on right foot
- 18 Hold and clap hands
- 19 Step back on left foot
- 20 Hold and clap hands
- 21-24 Repeat counts 17-20

SIDE TOE TOUCHES

- 25** Touch right toe to the right
- 26** Step right foot next to left
- 27** Touch left toe to the left
- 28** Step left foot next to right
- 29-32** Repeat counts 25-28

HIP BUMPS

- 33-34** Bump hips to the left twice
- 35-36** Bump hips to the right twice
- 37** Bump hips to the left
- 38** Bump hips to the right
- 39-40** Repeat counts 37 and 38
- 41** Bump hips back
- 42** Bump hips to the right
- 43** Bump hips forward
- 44** Bump hips to the left

REPEAT