

Shake It

Choreographer: Kate Simpkin & Travis Taylor (4/2007)

Song: Shake Your Groove Thing (3.25)

Artist: Peaches & Herbs

Dance Description: Beginner Level, 32 Counts, 4 Wall, No Restarts, No Tags

1-8 Toe Strut, Toe Strut, Rock/Replace, Step Together, Hold (With Shimmys)

1-2 Step forward on R toe, drop R heel

3-4 Step forward on L toe, drop L heel

5-6 Step R to R side, replace weight on L, (Shimmy for these 2 counts)

7-8 Step R together, Hold for count 8 (Opt: Clap) (Weight on R)

1-8 Toe Strut, Toe Strut, Rock/Replace, Step Together, Hold (With Shimmys)

1-2 Step forward on L toe, drop R heel

3-4 Step forward on R toe, drop L heel

5-6 Step L to L side, replace weight on R, (Shimmy for these 2 counts)

7-8 Step L together, Hold for count 8 (Opt: Clap) (Weight on L)

1-8 Walk, Walk, Walk, Kick, Step Back, Back, Back, Point

1-2 Walk forward R, walk forward L

3-4 Walk forward R, kick L foot forward

5-6 Step back on L, step back on R,

7-8 step back on L, touch R toe to R side

1-8 Cross Point, Cross Point, Jazz Box ¼ Turn

1-2 Cross R over L, point L toe to L side

3-4 cross L over R, point R toe to R side

5-6 Cross R over L, step back on L

7-8 ¼ turn R stepping R to R side, step L foot together

32 Start dance again!

Note: For a harder great dance, Learn Travis's "Get Ya Groove On"

This dance is dedicated to ALL the funky beginners out there!

Southern Cross Linedancers

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