

THE SHAKE

July 1997

MUSIC "The Shake" by Neal McCoy
ALBUM "Greatest Hits"
DESCRIPTION Two Wall Line Dance
ORIGINAL POSITION Feet together, weight on right
CHOREOGRAPHER MARK SIMPKIN, Sydney, Australia

Beats Steps

(The first 16 counts should be done using the hips)

1-4 Step fwd at 45 deg L on ball of L foot & Roll L knee anti-clockwise twice
5-8 Step fwd at 45 deg R on ball of R foot & Roll R knee clockwise twice

1-4 Step L fwd with heel in, Step R fwd with heel in & swivel L heel to L,
Step L fwd turning 1/4 turn L swiveling R heel to R, Hold
5-8 Step fwd on R to face front swiveling L heel L, Step fwd on L with heel in &
Swivel R heel to R, Step fwd on R turning 1/4 turn R swiveling L heel L, Hold

(The next 8 counts should be done with a bouncing motion)

1-4 Kick L foot fwd, swing L foot back, pivot on R 1/2 turn L kicking L fwd,
Hop onto L swinging R foot to the back
5-8 Kick R foot fwd, swing R foot back, Pivot on L 1/2 turn R kicking R foot fwd,
Hop onto R swinging L foot to the back

1-4 Step fwd on L, Pivot 1/4 turn R, Shuffle fwd L-R-L
5-8 Step fwd on R, Pivot 1/2 turn L, Shuffle fwd R-L-R

1-4 Kick L fwd at 45 deg L, Step L behind R, Kick R fwd at 45 deg R,
Step R behind L
5-8 Twist both heels L turning 1/4 turn R, Twist both heels R turning 1/4 turn L
Stomp R beside L, Stomp L beside R

1-4 Kick R fwd at 45 deg R, Step R behind L, Kick L fwd at 45 deg L,
Step L behind R
5-8 Twist both heels R turning 1/4 turn L, Twist both heels L turning 1/4 turn R,
Stomp L beside R, Stomp R beside L

1-4 Step fwd on L, Step fwd on R, turning 1/4 turn L, Shuffle back L-R-L
5-8 Kick R, Ball change R-L, Step fwd on R turning 1/4 turn R, Step L beside R

1-4 Vine to right - R-L-R turning a full turn R & touch L beside R
5-8 Vine to left - L-R-L turn 1/2 turn L on 3rd beat, Step R to R side

64 **RESTART**

NOTE: Whenever the sequence finishes at the front wall, a further 8 counts is added to fit in with the music - as follows:

1-8 Step fwd on L, Pivot 1/4 R - Repeat this three more times to
total a full turn to the right (Paddle Turn)

There are 3 restarts all in the chorus of the dance and are all done when facing the front wall. The restarts are as follows.....

1st wall - * Dance 36 counts and restart from the beginning.
3rd wall - ** Dance 56 counts and restart from the beginning
6th wall - *** Dance 48 counts and restart from the beginning