

## Shamrock Shake

INTERMEDIATE

32 Count 4 Walls

Choreographed by: Regina Padden & Robert Padden

Choreographed to: I'll Tell Me Ma by Sham Rock

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**Step, Kick, Cross, Side, Rock, Cross, Side, Rock, Step, Hold.**  
1 - 2 Step Forward Right. Kick Left Foot Forward. cross Left Over Right  
3 & 4 Step Right To Right Side. Rock Onto Left In Place.  
5 & 6 Cross Right Over Left. Step Left To Left Side. Rock Onto Right.  
7 - 8 Step Forward On Left. Hold.

**1/2 Pivot Right, Triple Turn, Step, Step, Touch, Scoot Back.**  
9 - 10 Pivot 1/2 Turn Right. Hold.  
11 & 12 Triple Step - Left, Right, Left Making 1/2 Turn Right.  
13 - 14 Step Forward On Right. Step Forward On Left.  
15 Touch Right Toe Behind Left Foot.  
& 16 Scoot Back On Left. Step Back On Right.

**Shuffle Steps, Cross, Unwind 3/4 Turn, 'shamrock Shake'.**  
17 & 18 Step Forward Left. Step Right Beside Left. Step Forward Left.  
19 & 20 Step Forward Right. Step Left Beside Right. Step Forward Right.  
21 - 22 Cross Left Over Right. Unwind 3/4 Turn To Right.  
**Do The "shamrock Shake"**  
23 - 24 Bump Hips Forward Twice While Holding Hands Behind Head

**Heel Touches & Scoots (or Claps)**  
25 & Touch Left Heel Forward. Hitch Left Knee & Scoot Forward Right.  
26 - 28 Repeat Steps (25&) Another Three Times.  
Option: To Calm These Steps Down For Those With Knee Problems Replace With.  
26 - 28 Touch Left Heel Forward. Clap Hands X 3

**Heel & Toe Taps, Step, Touch With Claps**  
29 & Touch Left Heel Forward. Step Left In Place.  
30 & Touch Right Heel Forward. Step Right In Place.  
31 & Touch Left Toe Behind Right Foot. Step Left In Place.  
32 Touch Right Beside Left.  
Claps: Try And Add The Following Claps To Steps 29 - 32.  
**29 - Clap Hand At Waist Level. 30 - Clap Hands Above Head.**  
**31 - Clap Hands Behind Back. 32 - Clap Hands In Front.**

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