

Ahhhh....Shake It!

48 count, 4 wall, intermediate level

Choreographer: Barbara R. K. Wallace (Canada)
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Choreographed to: Shake It by Chris Gill, CD: Tell Me
How

Intro: only 4 counts

RIGHT TOE BACK, TOGETHER, HEEL HOOK, TWIST HEELS RIGHT, CENTRE, RIGHT, CENTRE

- 1-4 Touch the right toe back (1), touch the right toe beside the left foot (2), right heel forward (3)
hook right foot in front of the left shin (4)
- 5-8 Bring the right foot beside the left as you twist both heels right, twist both heels centre, twist
both heels right, twist both heels centre

LEFT TOE BACK, TOGETHER, HEEL HOOK, TWIST HEELS LEFT, CENTRE, LEFT, CENTRE

- 9-12 Touch the left toe back (9), touch the left toe beside the right foot (10), left heel forward (11)
hook left foot in front of the right shin (12)
- 13-16 Bring the left foot beside the right as you twist both heels left, twist both heels centre, twist both
heels left, twist both heels center

DIAGONAL SYNCOPATED STEP FORWARD, 4 HEEL BOUNCES TURNING ¼ LEFT

- 17,18&19-20 Stomp right foot forward angling body to the left (17), clap (18), scoot the left foot
forward to land behind the right foot (&), stomp forward on the right foot (19) and clap (20)
- 21-24 While on the balls of both feet, bounce the heels four times as you make a ¼ turn to the left
(weight ends on the left foot)

TAP RIGHT HEEL FORWARD TWICE, TO THE SIDE TWICE, TAP IN, OUT AND KICK RIGHT FOOT TWICE

- 25-32 Tap the right heel forward twice, tap the right heel out to the side twice, tap the right heel in, tap
the right heel out, kick the right foot forward twice

SHUFFLE FORWARD, MAKE HALF TURN LEFT AND SIDE SHUFFLE LEFT, SKATE FORWARD RIGHT AND LEFT, MAKE ¼ TURN LEFT

- 33&34& Shuffle forward right, left, right, make ½ turn left on the ball of the right foot
- 35&36 Side Shuffle left, right, left (you've just completed 1/2 a shuffle box),
- 37,38 Skate Forward Right and Left
- 39,40 Step forward on the right and make ¼ turn left (weight is on the left foot)

LINDY RIGHT, SIDE SHUFFLE LEFT, ¼ TURN RIGHT WITH A ROCK RECOVER

- 41&42,43,44 Side shuffle right, left, right, rock back on the left, recover on the right
- 45&46& Side shuffle left, right, left, make ¼ turn to the right
- 47, 48 Rock back on the right, recover on the left
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