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Lets Shake It

Phrased, 128 Count, 2 Wall, Advanced Choreographer: Yonne Emalda (Feb 2012)

Choreographed to: Shake It by Metro Station

Intro: 32 counts in from heavy beats - Sequence: A, B, C, A, B, C, A (40), B, C, A (24), Ending

Part A ( 1 1-4 5&6 7-8	Kick L foot to L diagonal, step L foot in place, cross R foot over L foot						
2 1&2 3&4 5&6 7&8	Sailor Step X2, Sailor Side, Hold, Together, Side Cross L foot behind R foot, step R foot in place, step L foot to L side Cross R foot behind L foot, step L foot in place, step R foot to R side Cross L foot behind R foot, step R foot in place, step L foot to L side Hold, step R foot next to L foot, step L foot to L side (12.00)						
3 1-2 3&4 5-6 7&8	(Cross Rock, Recover, Side Chasse) X2 Cross rock R foot over L foot, recover weight on L foot Step R foot to R side, step L foot beside R foot, step R foot to R side Cross rock L foot over R foot, recover weight on R foot Step L foot to L side, step R foot beside L foot, step L foot to L side (12.00)						
4 1-4 5-8 *** Adva &5-6 7-8	Step, Hold, ½ Turn, Hold, Pivot ½ Turn, Stomp X2 Step R foot forward, hold, turn ½ L, hold Step R foot forward, turn ½ L, stomp R foot in place, stomp L foot in place (12.00) dvanced option *** 1-4 Step R foot forward, hold, turn ½ L, hold Step L foot beside R foot, Step R foot forward, turn ½ L Stomp R foot in place, stomp L foot in place						
<b>5</b> 1-4 5-6 7-8	Grapevine, Grapevine ¼ Turn Step R foot to R side, cross L behind R foot, step R foot to R side, touch L toes beside R foot Step L foot to L side, cross R foot behind L foot Turn ¼ L stepping L foot forward, touch R toes beside L foot (9.00)						
6 1-4 5-6 7&8 *** Option	Windmill, Sailor ¼ Turn  Step R foot to R side, hold, turn ½ R stepping L foot to L side, hold  Turn ½ L stepping R foot to R side, hold  Turn ¼ L crossing L foot behind R foot, step R foot to R side, step L foot to L side (6.00)  on*** You can make your knees slightly open as you do the windmill step.						
7 1-2 3-4 5-6 7-8	Toe Strut Box Touch R toes forward, drop R heel in place Turn ¼ L touching L toes forward, drop L heel in place Turn ¼ L touching R toes forward, drop R heel in place Turn ¼ L touching L toes forward, drop L heel in place (9.00)						
8 1&2& 3&4& 5-8	<b>Toe And Heel Switches, Forward, Hold X3, Together</b> Touch R toes to R side, step R foot beside L foot, touch L toes to L side, step L beside R foot Touch R heel to R side, step R foot beside L foot, touch L heel to L side, step L beside R foot Long step R foot forward, hold, hold, step L foot beside R foot (9.00)						
Part B (	24 counts)						

1	Kic	k X2,	Toe	Switches,	Kick	( X2	, Sailo	or ½	4 R	ľ
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- 1-2 Kick R foot across L foot, kick R foot to R diagonal
- &3&4 Step R foot in place, touch L toes to L side, step L foot beside R foot, touch R toes to R side
- 5-6 Kick R foot across L foot, kick R foot to R diagonal
- 7&8 Turn ¼ R crossing R foot behind L foot, step L foot to L side, step R foot to R side (12.00)

## 22 Pivot ½ Turn, Forward Rock, Recover, Walk Back

- 1-4 Step L foot forward, turn ½ R, rock L foot forward, recover weight on R foot
- 5-8 Walk back on L foot, R foot, L foot, R foot (6.00)
- \*\*\* Option \*\*\* During the walk back step, you can do as funky as you want.

## 3 Shuffle Back, Back Rock, Recover, Shuffle Forward, Out X2

- 1&2 Step L foot back, cross R foot over L foot, step L foot back
- 3-4 Rock R foot back, recover weight on L foot
- 5&6 Step R foot forward, step L foot next to R foot, step R foot forward
- 7-8 Step L foot out to L side, step R foot out to R side (6.00)

## Part C (40 counts)

- **Butt Wiggle**
- 1-8 Wiggle your butt as funky as you can (follow the beat) (6.00)
- 1/4 Turn, Shoulder Isolation 2
- Turn to ¼ L by stepping R foot to R side and Isolate your shoulder (follow the beat) (3.00) 1-8
- 3 1/4 Turn, Hips Shake
- 1-8 Turn to ¼ L by stepping R foot to R side and shake your hips according to the beat (12.00)
- 1/4 Turn, Shoulder Shimmy
- 1-8Turn to ¼ L by stepping R foot to R side and shimmy your shoulder according to the beat (9.00)
- **5** 1-8  $\frac{1}{4}$  Turn, Heels Bounce Turn to  $\frac{1}{4}$  L by stepping R foot to R side and bouncing your heels according to the beat (6.00)

Ending: Step, Hold, Pivot 1/2 Turn, Hold, Walk Forward X2, Stomp, Pose

- 1-4 Step R foot forward, hold, turn 1/2 L, hold
- 5-8 Walk forward on R foot and L foot, stomp R foot to R side, strike a pose

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