

## Milkshake

32 count, 4 wall, beginner/intermediate level  
Choreographer: Suzy Taylor (UK) Feb 2004  
Choreographed to: Milkshake by Kelis (120 bpm)

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Start on vocals – 4 beats

**3 scuffs forward & across, in front, touch, hip rolls, right & left.**

- 1&2 Scuff right forward & bring right across left to scuff, scuff right in front  
3-4 Touch right forward, push hips forward and around clockwise, weight ends on right  
5&6 Scuff left forward & across right, bring left in front of right  
7-8 Touch left forward, push hips forward and around anti-clockwise, weight ends on left.

**2 paddle turns ¼ left, right twinkle, kick & tap, kick & point**

- &1&2 Hitch right, turn ¼ left, point right toe out to side x2 (6.00 wall)  
3&4 Cross step right over left, step back on left, side step right  
5&6 Kick left forward, step in place, tap right toe behind left heel  
7&8 Kick right forward, step in place, point left toe to left side

**Triple step & point out right, triple step, shimmy, lock step right**

- 1&2& Bring left in beside right, step right in place, step left in place, point right toe to side. (Move left arm palm up forward & out to hold at side on 1&2.)  
3&4 Bring right in beside left, step left in place, step right in place. (Move right arm palm up forward & out to hold at side.)  
5&6 Shimmy shoulders moving down and up bending knees  
7-8 Step right forward, lock left behind right heel.

**Forward shuffle, 2 step full turn right, rock, recover, triple ¾ turn left.**

- 1&2 Step forward right, close left beside right, step forward right  
3-4 Step forward left, pivot on ball of left a full turn right, step forward right  
5-6 Rock forward left, recover onto right  
7&8 Step left ½ turn left, close right beside left, step left ¼ turn left. (9.00 wall)