

**Shake****INTERMEDIATE**

64 Count 4 Walls

Choreographed by: Alison Smith

Choreographed to: Shake by Five

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- Rock & Cross, Unwind, Clap, Heel Jack X 2**  
1 & 2 Rock Right, Rock Left, Cross Right Over Left  
3 - 4 Unwind 3/4 Turn To Left, Clap  
& 5 Step Right Diagonally Back Right, Touch Left Heel Diagonally Forward Left  
& 6 Step Left To Place, Touch Right Beside Left  
& 7 & 8 Repeat &5&6
- Rock & Cross, Unwind, Clap, Heel Jacks X 2**  
9 - 16 Repeat Steps 1-8
- Mambo Forward, Mambo Back, Rocks And Crossing Shuffle**  
17 & 18 Rock Forward Onto Right, Rock Back Onto Left, Step Right Beside Left  
19 & 20 Rock Back Onto Left, Rock Forward Onto Right, Step Left Beside Right  
21 - 22 Rock To Right Side, Rock To Left Side  
23 & 24 Cross Right Over Left, Step Left Beside Right, Cross Right Over Left
- Rock Left And Right, 1/2 Turn Right, 3/4 Turn Right, Toe Touches**  
25 - 26 Rock To Left Side, Rock To Right Side  
27 - 28 On Ball Of Right Foot Turn 1/2 Right Onto Left Foot, On Ball Of Left Foot Turn 3/4 Right Onto Right Foot
- Toe Touches**  
29 - 30 Touch Left To Left Side, Touch Left In Front Of Right  
31 - 32 Touch Left To Left Side, Touch Left Behind Right  
33 - 36 Repeat Steps 29-32
- Unwind 1/4 Left, Step, Heel Taps 1/4 Turn Shimmy, Jumps & Claps**  
37 - 40 Unwind 1/4 Left (placing Weight On Left) Step Forward On Right, Tap Heels X 3  
41 - 44 Shimmy Turning 1/4 Left On Balls Of Both Feet  
& 45 - 46 Jump Back Right Then Left, Clap  
& 47 - 48 Jump Back Right Then Left, Clap
- Step Touches**  
49 - 50 Step Right In Front Of Left, Touch Left To Left Side  
51 - 52 Step Left In Front Of Right, Touch Right To Right Side
- Step Touches, Touches, Rocks**  
53 - 56 Repeat Steps 49-52  
57 - 58 Touch Right In Front Of Left, Touch Right To Right Side  
59 - 60 Repeat Steps 57-58  
61 - 64 Rock To Right, Rock To Left, Rock To Right, Rock To Left
- Start Again**
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