

Shake It Up BEGINNER

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40 Count Choreographed by: Kathy Sharpe-Arrant & Patrick Etri Jr Choreographed to: Thump Factor by Smokin' Armadillos

DIAGONAL WALK FORWARD WITH HIP SHAKES

- 1 & 2 Stepping forward on right diagonal, bump right hip right, left, right
- 3 & 4 Stepping forward on left diagonal, bump left hip left, right, left
- 5 8 Repeat counts #1-4

HIP ROLLS, HIP BUMPS WITH SHOULDER PUMPS AND KNEE BENDS

- 9 12 Roll hips right, left, right, left
- 13 Hip bump right as you bring right shoulder down and straighten right arm down toward right knee (lifting left shoulder up and bending left elbow)
- 14 Hip bump left as you bring left shoulder down and straighten left arm down toward left knee (lifting right shoulder up and bend right elbow)
- 15 16 Repeat counts #13-14

/On counts 13-14, bend knees moving body down, then straighten knees, moving body back up to standing position on counts 15-16

1/2 TURN LEFT, FORWARD SHUFFLES, STOMPS

- 17 18 Step forward on right, turn 1/2 turn left
- 19 & 20 Shuffle forward right, left, right
- 21 & 22 Shuffle forward left, right, left
- 23 24 Stomp right forward, stomp left forward
- 25 32 Repeat counts #17-24

SIDE LUNGES, 1/4 TURN RIGHT, SIDE LUNGE

- 33 34 Lunge right foot to right side, step right together with left
- 35 36 Lunge left foot to left side, step left together with right
- 37 38 Lunge right foot to right side and pivoting on ball of left foot, 1/4 turn right step right together with left
- 39 40 Lunge left foot to left side, step left together with right

REPEAT

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