

Shake It, Don't Break It

Phrased, 4 Wall, Intermediate

Choreographer: Deborah Bates (USA) Jan 2003

Choreographed to: The Shake by Neal McCoy

Sequence: A-A-B-A-A-A-B-A-A-A-B-A-A-A

Part A (32 Counts)

Steps Forward, Holds

- 1 -2 Step forward on LEFT foot; Hold
3 -4 Step forward on RIGHT foot; Hold
5 -6 Step forward on LEFT foot; Step forward on RIGHT foot
7 -8 Step forward on LEFT foot; Hold

Turning Jazz Square, Together, Ramble Left

- 9 - 10 Cross RIGHT foot over Left and step; Step back on LEFT foot
11 - 12 Step 1/4 turn to the right on RIGHT foot; Step LEFT foot next to Right
13 - 14 Swivel heels to the left; Swivel toes to the left
15 - 16 Swivel heels to the left; Swivel toes to center

Kick-Out-Out, Swivel In-In, Monterey Turn

- 17&18 Kick RIGHT foot forward; Step to the right on RIGHT foot;
Step to the left on LEFT foot about shoulder width apart from Right
19 - 20 Swivel heels inward to center; Swivel toes to center
21 - 22 Touch RIGHT toe to the right; Pivot 1/2 turn CW on ball of Left foot
and step RIGHT foot next to Left
23 - 24 Touch LEFT toe to the left; Step LEFT foot next to Right

Rocking Chair, Turning Shuffle, Rock Step

- 25 - 26 Step forward on RIGHT foot; Rock back onto LEFT foot
27 - 28 Step back on RIGHT foot; Rock forward onto LEFT foot
29&30 Shuffle forward (RIGHT, LEFT, RIGHT) making a 1/2 turn CCW on these steps
31 - 32 Step back on LEFT foot; Rock forward onto RIGHT foot

Part B (40 Counts)

Hip Bumps

- 1-4 Step slightly to the left on LEFT foot and bump hips to the left (4) times
5-8 Step slightly to the right on RIGHT foot and bump hips to the right (4) times

CCW Hip Roll, Modified Monterey Turn, Lunge Left, Touch

- 9-12 Rotate hips in a CCW circular motion to the left, then to the right and back to the left
shifting weight to LEFT foot
13 - 14 Touch RIGHT toe to the right; Pivot 1/2 turn CW on ball of Left foot and step RIGHT
foot next to Left
15 - 16 Take a long step to the left on LEFT foot; Slide RIGHT foot next to Left and touch

Shoulder Shakes Forward/Back, Shoulder Shakes Down/Up

- 17 - 18 Shake shoulders as you lean forward, bending at the waist
19 - 20 Continue shaking shoulders as you straighten up
21 - 22 Continue shaking shoulders, while bending at the knee (twist down)
23 - 24 Continue shaking shoulders as you straighten up (twist up) and shift weight to LEFT foot

Touch, Cross, Unwind, Clap, Shoulder Shakes Forward/Back

- 25 - 26 Touch RIGHT toe to the right; Cross RIGHT foot over Left
27 - 28 Unwind 1/2 turn CCW on balls of both feet; Hold and clap hands
29 - 30 Shake shoulders as you lean forward, bending at the waist
31 - 32 Continue shaking shoulders as you straighten up and shift weight to LEFT foot

Diagonal Step Slides with 1/4 Turn, Touch, Swivets

- 33 - 34 Step forward and diagonally to the right on RIGHT foot; Slide LEFT foot next to Right
35 - 36 Step 1/4 turn to right on RIGHT foot; Touch LEFT foot next to Right
37 - 38 On heel of Right foot and ball of Left foot, swivel RIGHT toes to the right and LEFT heel to
the left; Swivel feet back to center
39 - 40 On heel of Left foot and ball of Right foot, swivel LEFT toes to left and RIGHT heel to the
Right; Swivel feet back to center
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