

Shiftrock Shake

BEGINNER

48 Count

Choreographed by: Jody Carriger

Choreographed to: There Goes

The Neighborhood by Keith Harling

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- HIP BUMPS, REPEAT**
- 1 & 2 MAN: Step forward left & bump hips left, right, left
- LADY: Step back right & bump hips right, left, right**
- 3 & 4 MAN: Step forward right & bump hips right, left, right
- LADY: Step back left & bump hips left, right, left**
- 5 - 8 BOTH: Repeat counts 1-4
- STEP, SLIDE, STEP, TOUCH, CROSS BEHIND, STEP, CROSS IN FRONT, HEEL, DROP
CLOSED POSITION & GET INTO DOUBLE HAND HOLD**
- 1 - 4 MAN: Step left, slide right next to left, step left, touch right toe to side
- LADY: Step right, slide left next to right, step right, touch left toe to side**
- 5 - 8 MAN: Cross right behind left, step left, cross right in front of left, touch left heel to side
- LADY: Cross left behind right, step right, cross left in front of right, touch right heel to side**
- JAZZ BOX, REPEAT**
- 1 - 4 MAN: Cross left over right, step back right, (1/4 turn left) step left, scuff right
- LADY: Cross right over left, step back left, (1/4 turn right) step right, scuff left**
- /On count 2 let go of man's left hand, lady's right (single hand hold lady's left in man's right)**
- 5 - 8 MAN: Cross right over left, step back left step right next to left, scuff left
- LADY: Cross left over right, step back right, step left next to right, scuff right**
- KICK, HITCH, KICK, HITCH, STEP, TOUCH, STEP BACK, HITCH**
- 1 - 4 MAN: Kick left forward, hitch left over right, kick left forward, hitch left over right
- LADY: Kick right forward, hitch right over left, kick right forward, hitch right over left**
- 5 - 8 MAN: Step forward left touch right toe behind, step back right, hitch left
- LADY: Step forward right, touch left toe behind step back left, hitch right**
- STEP, PIVOT, STEP, SCUFF, KICK, HITCH, KICK, HITCH**
- 1 - 4 MAN: Step left forward, pivot 1/2 right, step forward left, scuff right
- LADY: Step right forward, pivot 1/2 left step forward right, scuff left**
- /On count 2 drop hands, count 3 rejoin hands, lady's right in man's left**
- 5 - 8 MAN: Kick right forward, hitch right over left, kick right forward, hitch right over left
- LADY: Kick left forward, hitch left over right, kick left forward, hitch left over right**
- STEP, TOUCH, STEP BACK, HITCH, STEP, PIVOT, STEP, TOUCH**
- 1 - 4 MAN: Step forward right, touch left toe behind, step back left, hitch right
- LADY: Step forward left touch right toe behind step back right, hitch left**
- 5 - 8 MAN: Step forward right, pivot 1/2 left, step in place right, touch left next to right
- LADY: Step forward left, pivot 1/2 right, step forward left pivot 1/2 right, (in front of man) touch right next to left**
- /On count 7, lady passes under joined hands, back into closed position**
- REPEAT**
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