

Soca Shake

40 Count, 4 Wall, Beginner

Choreographer: Kip "Cripple Creek" Sweeny (US)

Choreographed to: Soca Shake by Jim and Willie Rast

Vine Right w/SIDE TOGETHER TO THE RIGHT, SIDE TOGETHER TO THE RIGHT,

- 1-2 Step right foot side right, step left foot together
- 3-4 Repeat
- 5-6 Repeat
- 7-8 Repeat

(Tush Push) or Hop fwd, Grind hips and/or shake Body

- 1-2 Walk fwd Right foot, shake tush twice right
- 3-4 Walk fwd left foot, shake tush twice left
- 5-6 Grind Hips slow in circle
- 7-8 Speed up grind, double time

Vine Left w/ SIDE TOGETHER TO THE LEFT, SIDE TOGETHER TO THE LEFT,

- 1-2 Step left foot side left, step right foot together
- 3-4 Repeat,
- 5-6 Repeat
- 7-8 Repeat,

3 - ¼ Paddle turn with hop and claps, (Weight on left foot).

- 1-2 Touch right toe (Counter Clockwise) 12 'o clock, 9 'o clock,
- 3 & 4 Touch right toe (CC) 6 'o clock, Hop fwd &, 4, clap 4)
- 5-6 Hold 5, clap on 6, Hold 7, clap on &, and Clap on 8

Soca Shake, *shake your body..

- 1-2 Shake it to the Right
- 3-4 Shake it to the left
- 5-6 Grind Hips
- 7-8 Grind Hips, double time

Note One can do the Apple Jacks, or Twist for the last 8 counts

Music download available from www.socashake.com