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The Shake BEGINNER

32 Count Choreographed by: Gail Smith

Choreographed to: Rip Off The Knob by The Bellamy Brothers

| 1 - 2 3 - 4 5 - 6 7 - 8 | SHIMMY SHAKES LEFT, SHIMMY SHAKES RIGHT Left step to side as you shimmy and shake shoulders (or anything else you like) Right step next to left foot, hold position & clap Right step to side as you shimmy and shake shoulders (or anything else you like) Left step next to right foot, hold position & clap |
|---|--|
| 9 & 10 11 - 12 13 & 14 15 - 16 | KICK-BALL-CHANGE, STEP, PIVOT 1 / 2, KICK-BALL-CHANGE, STOMP, STOMP Right kick forward, on ball of foot-right step next to left foot, left step in place Right toe step forward, pivot 1 / 2 turn to the left Right kick forward, on ball of foot-right step next to left foot, left step in place Right stomp in place, left stomp in place |
| 17 & 18 | FORWARD SHUFFLES WITH SHIMMY SHAKES (WITH FINGER SNAPS ON 18 AND 20), WIGGLE DOWN, WIGGLE UP Shuffle forward right, left, right at the same time shimmy and shake shoulders (or anything else you like) |
| 19 & 20 & 21 & 22 & 23 & 24 | Shuffle forward left, right, left at the same time shimmy and shake shoulders (or anything else you like Right step next to left foot and bend your knees as you wiggle down Straighten your legs as you wiggle up |
| 25 - 26 | SIDE TOUCHES AND KNEE LIFTS WITH 1/4 TURNS (TOTAL OF 3/4) On ball of left foot-pivot 1/4 turn left and right toe touch out to side, bring right knee up and crossed in front of left leg |
| 27 - 28 | On ball of left foot-pivot 1/4 turn left and right toe touch out to side, bring right knee up and crossed in front of left leg |
| 29 - 30 31 - 32 | On ball of left foot-pivot 1/4 turn left and right toe touch out to side, bring right knee up and crossed in front of left leg Right step next to left foot, hold position (weight on right foot) |
| | REPEAT |

REPEAT

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