

Shake It Mamma

64 Count, 4 Wall, Improver

Choreographer: Wil Bos (NL) Nov 2014

Choreographed to: Shake It Mamma (radio edit) by Tom Boxer
ft. Antonia, Album: Megahits 2011 (128 bpm)

Intro 32 counts

1 Out Out, In In, Heel Ball Step, Step Pivot ½ Left

1-4 RF step right forward (out), LF step side (out), RF step back to centre, LF step beside

5&6 RF dig heel forward, RF step beside on ball foot, LF step forward

7-8 RF step forward, R+L ½ turn left [6]

2 Out Out, In In, Skate R L, Shuffle Fwd

1-4 RF step right forward (out), LF step side (out), RF step back to centre, LF step beside

5-7&8 RF skate forward, LF skate forward, RF step forward, LF step beside, RF step forward [6]

3 Rock Fwd Recover, Full Triple Turn L, ¼ R Jazz Box Cross

1-2 LF rock forward, RF recover

3&4 LF ½ left and step in place, RF step beside, LF ½ left and step in place

5-8 RF cross over, LF ¼ right and step back, RF step side, LF cross over [9]

4 Point & Point & Point Hook, Shuffle Fwd, Rock Fwd Recover

1&2& RF point side, RF step beside, LF point side, LF step beside

3-4 RF point side, RF ¼ right and hook across

5&6 RF step forward, LF step beside, RF step forward

7-8 LF rock forward, RF recover [12]

***Tag + restart 3rd wall**

5 Coaster Step, Rock Fwd Recover, Full Turn R, ¼ R Chassé

1&2 LF step back, RF close, LF step forward

3-4 RF rock forward, LF recover

5-6 RF ½ right and step forward, LF ½ right and step back

7&8 RF ¼ right and step side, LF close, RF step side [3]

6 Jazz Box ¼ L, Jazz Box ¼ L Touch

1-4 LF cross over, RF ¼ left and step back, LF step side, RF step forward

5-8 LF cross over, RF ¼ left and step back, LF step side, RF touch beside [9]

7 Rolling Vine Touch, Chassé L, Rock Back Recover

1-2 RF ¼ right and step forward, LF ½ right and step back

3-4 RF ¼ right and step side, LF touch beside

5&6 LF step side, RF close, LF step side

7-8 RF rock back, LF recover [9]

***Restart 6th wall**

8 Touch Fwd With Hip Bump x2, Step Pivot ½ L x2

1-2 RF touch right diagonal forward with hips forward, RF step beside

3-4 LF touch left diagonal forward with hips forward, LF step beside

5-8 RF step forward, R+L ½ turn left, RF step forward, R+L ½ turn left [9]

Tag + Restart

Dance the 3rd wall up to and including count 32 (count 8 of the 4th section), add:

1&2 LF step back, RF close, LF step forward

&3&4 RF jump right forward, LF touch beside, LF jump left forward, RF touch beside, and start again

Restart: Dance the 6th wall up to and including count 56 (count 8 of the 7th section) and start again

Note: During the 6th wall the beat falls off; don't slow down!!!!!!, keep dancing at the same rate.
