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Shake It Off - Contra

64 Count, Improver, Contra

Choreographer: Inge Vestergård (DK) May 2015

Choreographed to: Shake It Off by Taylor Swift (iTunes)

Intro: 16 count intro (6 sec. Into track). Start with weight on L foot, facing each other 2 & 2

- 1 Vine R with ¼ Turn R, Scuff, Vine L with ¼ Turn L, Scuff**
1 – 4 Step R to R side, Cross L behind R, turn ¼ R stepping fwd on R, Scuff L fwd.
5 – 8 Step L to L side, Cross R behind L, turn ¼ L stepping fwd on L, Scuff R fwd.
- 2 R Rocking Chair, Step R Fwd, ¼ Turn L, Stomp R beside L, Clap (Now Facing Your Partner)**
1 – 4 Rock R fwd, Recover L, Rock R back, Recover L.
5 – 8 Step fwd R, ¼ turn L weight end on L, Stomp R beside L, Clap both hands.
- 3 2 Clap Thighs, 2 Clap hands, Clap Hands with Your Partner**
1 – 2 Clap Your Thighs Swinging your Arms back, Clap Your Thighs Swinging your Arms fwd.
3 – 4 Clap your Hands Twice.
5 – 6 Clap Your Partners R hand with your R Hand, Clap Your own hands.
7 – 8 Clap Your Partners L hand with your L Hand, Clap Your own hands.
- 4 Diagonal Fwd R, Together, Diagonal Fwd R, Tap, Diagonal Fwd L, Together, Diagonal Fwd L, Tap**
1 – 4 Step diagonal fwd R, close L to R, Step diagonal fwd R, Tap L next to R.
5 – 8 Step diagonal fwd L, close R to L, Step diagonal fwd L, Tap R next to L.
*** Add Bridge here on wall 7. See below for info. ** Ending here on wall 9. See below for info**
- 5 Vine R, (Option – Rolling Vine R) Twist L Heels – Feet – Heels, Hitch R To R Diagonal**
1 – 4 Step R to R side, Cross L behind R, Step R to R side, Step L beside R.(*option R Rolling Wine*)
5 – 8 Twist both Heels L, Twist both Feet L, Twist both Heels L, Hitch R Knee facing R diagonal.
- 6 Reverse Rocking Chair, Step ½ Turn To Diagonal (Now Facing Your Partner)**
1 – 4 Rock back R, Recover L, Rock fwd R, Recover L,
5 – 8 Rock Back R, Recover L, Step R Fwd, ½ Pivot L – weight on L
- 7 Make 1 1/8 Circle clockwise as You Hook Your R Arm with Your Partner's R Arm (Facing Your Partner)**
1 – 8 Cross in front of your partner and hook your R arms as you run 1 1/8 circle clockwise R-L-R-L-R-L-R-L.
(You will now be standing on the opposite place, as when you started the dance)
- 8 Run Back R – L – R, Hold, L Coaster**
1 – 4 Run back R – L – R, Hold
5 – 8 Step L back, Step R beside L, Step L fwd, Touch R beside L

* **Bridge** after the diagonal on wall 7. Stand in place for 8 counts and shake your body, and then continue the dance.

** **Ending** after the diagonal on wall 9. Both make ¼ turn to front stepping R to R side and everyone shakes their body on the last count ☺.