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## Twist It Shake It

216 Count, 1 Wall, Advanced

Choreographer: Lilian Lo (Hong Kong) May 2015

Choreographed to: Shake Your Tail Feathers by West End Orchestra and Singers, Album: The Blue Brothers (The Musical Collection) [3:02]

**A - 32 counts || Tag - 4 counts || B - 80 counts || C - 104 counts**

**Sequence: A, A, Tag, B, B, A, C, B-, B-, B-**

**Count in: After 32 counts of vocal [0:17] at the word 'KNOW'.**

**The step sheet may look daunting but descriptions are vastly repetitions. You can do it.**

### Part A – 32 counts

#### **A(1-8) 1/4 L, shuffle, full turn R**

1 2 3 4 Make 1/4 turn L, stepping LF fwd (1), hold (2), cross RF behind LF (3), hold (4) @9:00

5 6 7 8 Step LF fwd (5), cross RF behind LF (6), step LF fwd (7), make full turn R (8)

**Extend arms outward (1, 2), put hands on hips (3, 4), do hand roll (5-8)**

#### **A(9-16) Shuffle, 3/4L**

1 2 3 4 Step RF fwd (1), hold (2), cross LF behind RF (3), hold (4)

5 6 7 8& Step RF fwd (5), cross LF behind RF (6), step LF fwd (7), hold (8), make 3/4 turn L (&)

**Same arm actions**

#### **A(17-24) Out, out, hip L, hip R, body roll**

1 2 3 4 Step LF out (1), hold (2), step RF out (3), hold (4) @12:00

5 6 7 8 Swing hips to L (5), swing hips to R (6), fwd body roll (7, 8)

**Put L hand out to side shaking (1, 2), put R hand out shaking (3,4), bring L hand in and Fwd (5), bring R hand on top of L hand (6), comb hair with both hands (7, 8)**

#### **A(25-32) Body roll, back rock, chasse, scuff, 1/2 R, LF tap**

1 2 3 4 Continue body roll (1, 2), rock RF back (3), replace (4)

5&6,7&8 Step RF to side (5), close LF (&), step RF to side (6), scuff LF (7), 1/2 turn R, hitching LF (&), tap LF to side (8) @6:00

**Slide hands down the body (1, 2), swing arms to L (3, 4), draw anti-clockwise circle (5&6)**

**The 3rd time in Part A (before C), NO NEED to make 1/2 turn R on the above scuff (7), hitch (&), tap (8). Remain at FRONT Wall.**

### Tag – 4 counts

#### **(1-4) Swing hips R, L, R, R**

1 2 3&4 Swing hips R (1), swing hips L (2), swing hips R (3), swing hips L (&), swing hips R (4) @12:00

**Swing arms R (1), swing arms L (2), swing arms R (3), draw anti-clockwise circle (&) Swing arms R (4)**

### Part B – 80 counts

#### **B(1-8) Twist, hold, twist, shimmy**

1 2 3 4 Keep weight on RF, twisting L heel out (1), in (2) hold (3, 4)

5 6 7 8 twist L heel out, in out (5 - 7), lower L heel (8)

**Arms swing L (1), swing R (2), swing L, R, L, R (5 - 8)**

#### **B(9-16) Twist, shimmy**

1 2 3 4 Keep weight on LF, twisting R heel in, out, in (1 - 3), lower R heel (4)

5 6 7 8 Shimmy, bending diagonal R fwd (5 - 8)

**Arms swing L, R, L, R (1 - 4)**

#### **B(17-24) 1 1/4 L, sweep, push hips fwd, push hips back**

1 2 Make 1/4 turn L, stepping LF fwd (1), make 1/2 turn L, stepping RF back (2), make 1/2 turn L,

3 4 5 Step LF fwd (3), sweep (4), cross RF fwd, bending knees, thrusting hips fwd (5) @9:00

6 7 8 Hold (6), step LF back, pushing hips back (7), hold (8)

**Bring arms to both sides of hips (5), push arms fwd (7)**

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- B(25-32) Cross back, tap, cross back, tap, 1/4 L, cross back, tap, cross back, close RF**  
 1 2 3 4& Cross RF back (1), tap LF side (2), cross LF back (3), tap RF side (4), 1/4 turn L (&  
 5 6 7 8 Cross RF back (5), tap LF side (6), cross LF back (7), close RF (8) @6:00  
**Snap fingers on L side (2), snap on R side (4), snap on L side (6), snap in front (8)**
- B(33-40) Repeat above count 17–24 @3:00**
- B(41-48) Repeat above count (25-32)@12.00**
- B(49-56) Side step, tap, clap, repeat on reverse, 1/4 R, side step, tap, clap, repeat on reverse, 1/4 R**  
 1 2&3 4& Step LF to side (1), tap RF next to LF, clapping hands twice on L (2, &), step RF to side (3)  
 Tap LF next to RF, clapping hands once on R (4), make 1/4 turn R (&) @3:00  
 5 6&7 8& Step LF to side (5), tap RF next to LF, clapping hands twice on L (6, &), step RF to side (7)  
 Tap LF next to RF, clapping hands once on R (8), make 1/4 turn R (&) @6:00
- B(57-64) Side step, tap, clap, repeat on reverse, 1/4 R, side step, tap, clap, repeat on reverse, 1/4 R**  
 1 2&3 4& Step LF to side (1), tap RF next to LF, clapping hands twice on L (2, &) step RF to side (3),  
 Tap LF next to RF, clapping hands once on R (4), make 1/4 turn R (&) @9:00  
 5 6&7 8 Step LF to side (5), tap RF next to LF, clapping hands twice on L (6, &), step RF to side (7)  
 Tap LF next to RF, clapping hands once on R (8), make 1/4 turn R (&) @12:00
- B(65-72) Side step, tap, clap, repeat on reverse, 2 sailor steps**  
 1 2&3 4 Step LF to side (1), tap RF next to LF, clapping hands twice on L, (2, &) step RF to side (3),  
 Tap LF next to RF, clapping hands once on R (4) @12:00  
 5&6 7&8 Cross LF behind RF (5), step RF to side (&), step LF diagonal fwd (6), cross RF behind LF (7),  
 step LF to side (&), step RF diagonal fwd (8)
- B(73-80) 2 kicks, jump, cross, unwind**  
 1&2& Kick LF fwd (1), replace (&), kick RF fwd (2), replace (&  
 3 - 8 Jump, landing with LF crossing over RF (3), unwind a full turn (4 - 8)
- Part C – 104 counts :: Do actions as being called by the vocal**
- C(1-8) Heels twist L, R (vocal: TWIST)**  
 1 2 3 4 Heels swiffle L (1), heels swiffle R (2), repeat 1, 2 (3, 4) @12:00  
 5 6 7 8 Repeat the above
- C(9-16) Side step ball change 4 times, flying (vocal : FLY)**  
 1&2 Step LF to side (1), close RF to LF with part weight (&), replace LF in place (2)  
 3&4 Step RF to side (3) close LF to RF with part weight (&), replace RF in place (4)  
 5&6 7&8 Repeat the above.  
**Arms extend straight out to both sides, rotating in small circles at opposite directions like a Soaring airplane.**  
**Option to replace step ball change with side step tap: Step LF to side (1), tap RF next to LF (2), step RF to side (3), tap LF next to RF (4), repeat on count 5 - 8**
- C(17-24) Side step ball change or side step tap , swimming (vocal : SWIM )**  
 1&2 3&4 Side step ball change or side step tap  
 5&6 7&8 Repeat the above  
**L hand extend from chest to fwd (1, 2), R hand extend from chest to meet L hand (3, 4), Repeat on count 5 - 8**
- C(25-32) Side step ball change or side step tap, flying (vocal : BIRD )**  
 1&2 3&4 Side step ball change or side step tap  
 5&6 7&8 Repeat the above  
**Flap arms up (1, 2), flap arms down (3, 4), repeat on count 5 - 8**
- C(33–40) Walk LF, RF, LF, RF around in circle, chin thrusting out, retracting (vocal : DUCK )**  
 1 2 3 4 Make 1/4 turn R, stepping LF fwd (1), hold (2), make 1/4 turn R, stepping RF fwd (3),  
 hold (4) @6:00  
 5 6 8 9 Repeat the above on count 5 – 8 @12:00  
**Put both hands at the back, palms facing out. Thrust chin out ( 1), retract (2), repeat on Count 3 - 8**
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**C(41-48) Side step ball change or side step tap, swinging arms up and down (vocal: MONKEY)**  
1&2 3&4 Side step ball change or side step tap  
5 &6 7&8 Repeat the above  
**Swing L arm up while R arm down in front (1,2), swing L arm down, R arm up (3,4) Repeat on count 5 - 8**

**C(49-56) Step ball change or step tap, clapping hands upwards and behind (vocal: WATUSI)**  
1&2 3&4 Step ball change fwd (1&2), step ball change bwd (3&4) or step tap fwd and bwd  
5&6 7&8 Repeat the above  
**Clap hands above head in front (2), clap hands behind (4), clap hands above head in front (6) Clap hands behind (8)**

**C(57-64) Side step ball change or side step tap, swaying arms behind L and R (vocal: FRUG)**  
1&2 3&4 Side step ball change or side step tap  
5&6 7&8 Repeat the above  
**Sway arms to L at the back (1, 2), sway arms to R at the back (3, 4), repeat on count 5 - 8**

**C(65-72) Mash Potato (vocal: MASH POTATO)**  
1 2 3 4 Step LF back, swiveling L heel in, R heel in (1), L swivel heel out, R heel out (2), step RF Back, swiveling R heel in, L heel in (3), swivel R heel out, L heel out (4)  
5 6 7 8 Repeat the above on count 5 - 8

**C(73-80) Side step ball change or side step tap, swing both arms L, R (vocal: BOOGALOO)**  
1&2 3& Side step ball change or side step tap  
5&6 7&8 Repeat the above  
**Swing both arms to L (1, 2), swing arms to R (3, 4), repeat on count 5 - 8**

**C(81-88) BONEY MARONY**  
1&2& Step LF diagonally fwd , RF diagonally bwd pointing towards LF, bending knees (1)  
Straighten knees up (&), bend knees (2), straighten knees up (&)  
3&4& Repeat the above  
5 6 7 8 Keep weight on LF, lift RF straight to R diagonal, shaking (5 - 8)

**C(89-96) TWIST**

**C(97-104) Stomp alternately, bringing arms up, flapping hands (vocal : STOMP)**  
1 - 8 Stomp LF and RF rapidly, traveling fwd, bringing arms up from the sides, flapping

**Option for Part C: Do Part A and B instead. In this option, on the 3rd Part A, make ½ turn at count 31&. On Part B, instead of ¼ turns, make ½ R turns at count 53, 57 and drop count 61-68.**

**Part B - : The first 16 counts of Part B. Keep doing twists, no need to shimmy. -END OF DANCE**