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Step And Shake

34 Count, 4 Wall, Beginner

Choreographer: Bobbey Willson (USA) Sept 2016

Choreographed to: Step That Step by Sawyer Brown.

Album: Best of Sawyer Brown

Intro: 16 beats, Begin on 17

Section 1 Toe Struts RL, Side-Rock, Rec, Cross, Toe Struts LR, Side-Rock, Rec, Cross
1&2& Touch R toe forward, Drop R heel down, Touch L toe forward, Drop L heel down
3&4 Rock R to right, Recover on L, Cross R over L
5&6& Touch L toe forward, Drop L heel down, Touch R toe forward, Drop R heel down
7&8 Rock L to left, Recover on R, Cross L over R

Section 2 Step Right, 1/4left W/Bump-Back, Hips To Left, Right, Left, Wide V-Step Back
1 2 Step R to right, Pivot 1/4 left and bump "hips" back and touch L beside R (9:00)
3 Step L beside R bumping hip to left while bending opposite knee
& Step weight on to R bumping hip to right while bending opposite knee
4 Step weight on to L bumping hip to left while bending opposite knee
5 6 Exaggerated* steps wide: Step R wide to right, Step L wide left with hands on hips**
7 8 Exaggerated* steps back and center: Step R back to left diagonal, Step L beside R

Section 3 Shuffle RLR, Chase-Turn LRL, Step 1/4 Left, Coaster RLR
1&2 Step R forward, Step L beside R, Step R forward
3&4 Step L forward, Pivot 1/2 right and shift weight to R, Step L forward (3:00)
5 6 Step R forward, Pivot 1/4 left and step L down (12:00)
7&8 Step R back, Step L beside R, Step R forward

Section 4 Shuffle LRL, Chase-Turn RLR Step 1/4 Right, Coaster LRL, Rock-Back Rec
1&2 Step L forward, Step R beside L, Step L forward
3&4 Step R forward, Pivot 1/2 left and shift weight to L, Step R forward (6:00)
5 6 Step L forward, Pivot 1/4 right and step R down (9:00)
7&8 Step L back, Step R beside L, Step L forward
9 10 Rock R back, Recover on L (roll body)

***Exaggerated: Lift knees as you move through the step**

****Restart: On Wall 4 after {1-14} you will be facing 12:00 to begin Wall 5**

**Dance ends: Facing 3:00 during Wall 8 after {1-22} then music fizzles out
To finish facing 12:00 on Wall 8:
Pivot 1/2 instead of 1/4 at {22} -OR- Dance {1-22} then repeat {21-22}
-OR- just turn to front and smile!**

Please do not alter this step sheet in any way. If you would like to use on your website please make sure it is in its original format and include all contact details on this script.

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