

The SHAKE



(The) SHAKE

(originally called SHAKE DOWN, RATTLE AND ROLL)

Choreographer: Bill Bader June 6, 2001

Description: 4-Wall Line Dance, 32 Counts, Upper Beginner Music: Signature Song: „THE SHAKE“ by Neil McCoy

Alternate: “Shake, Rattle & Rolling In The Country” by Larry Stewart

DIAGONAL LEFT: SHAKE FORWARD, SHAKE BACK, STEP, SLIDE, STEP, STOMP/CLAP

1-2 Step LEFT along forward/left diagonal and take 2 counts to drop left shoulder forward.

THE SHAKE option: On counts 1&2 do a slow shimmy L-R-L leaning forward.

3-4 Take 2 counts to return to vertical (shoulder back). Rock back onto R.

THE SHAKE option: On counts 3&4 do a slow shimmy R-L-R returning to vertical.

5 Step L along forward/left diagonal

6 Slide R forward and step beside L

7 Step L forward continuing along forward/left diagonal

8 Stomp R beside L (no weight) and Clap

DIAGONAL RIGHT: SHAKE FORWARD, SHAKE BACK, STEP, SLIDE, STEP, STOMP/CLAP

9-10 Step R along forward/right diagonal and take 2 counts to drop right shoulder forward

11-12 Take 2 counts to return to vertical (shoulder back). Rock back onto L.

For THE SHAKE option, see above, but use opposite shoulders.

13 Step R along forward/right diagonal

14 Slide L forward and step beside R

15 Step R forward continuing along forward/right diagonal

16 Stomp L beside R (no weight) and Clap

3 ZIG-ZAGS BACK (BACK LEFT, STOMP/CLAP, BACK RIGHT, STOMP/CLAP,

BACK LEFT with 1/4 TURN, STOMP/CLAP); TOUCH FAR RIGHT, TOUCH TOGETHER

17 Step L diagonally back to left

18 Stomp R beside L with a light rebound and Clap

19 Step R diagonally back to right

20 Stomp L beside R with a light rebound and Clap

21 Step L diagonally back to left turning 1/4 left (face 9:00)

22 Stomp R beside L with a light rebound and Clap

23 Touch R toe slightly further than normal to right side

24 Touch R toe beside L

HEEL PUMPS (RIGHT TWICE, LEFT TWICE), BACK, TOGETHER, SHUFFLE FWD

25 Bounce R heel

26 Lower R heel

27 Bounce L heel

28 Lower L heel

29 Step R back

30 Step L back beside R

31&32 Shuffle forward on R-L-R

Options: THE SWIM: As in Neil McCoy’s video of „The Shake“, at counts 1-2, bring the left hand forward with a swimmer’s crawl stroke. At counts 3-4 do the same with the right hand. At counts 9-10, swim with right hand first, then with left at counts 11-12.

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Supplied by: Tukta R.W | Contact: linedancestompers@gmail.com | Source: <http://www.linedancestompers.de/stepsheets/the-shake/>