Soul Shaker

Count: 64 **Wall:** 2 **Level:** Phrased High Intermediate
Choreographer: Gary O'Reilly (IRE) - November 2024
Music: Soul Shaker Nu-Disco Remix (feat. Ernie Lake) - Sarah Lake : (iTunes, Amazon & Spotify)

#16 count intro

Sequence A, A, B, B, Tag (Short), A, A, B, B, Tag (Long), A, B, B, Tag (Long)

Part A: 32c
Section 1: CROSS, SIDE, BEHIND, SWEEP, BEHIND, 1/4, FORWARD, SPIRAL FULL TURN

1 2	Cross R over L (1), step L to L side (2)
3 4	Cross R behind L (3), sweep L around from front to back (4)
5 6	Cross L behind R (5), ¼ R stepping forward on R (6) (3:00)
7 8	Step forward on L (7), spiral full turn R on ball of L hooking R across L (8) (3:00)

Section 2: 1/4 WALK AROUND, SWEEP, CROSS, 1/4, 3/8, DRAG

1 2	1/8 R walk forward on R (1), step L next to R (2)
3 4	1/8 R walk forward on R (3), sweep L around from front to back (4) (6:00)
5 6	Cross L over R (5), ¼ L stepping back on R (6) (3:00)
7 8 3	/8 L stepping forward on L (7), drag R to meet L (8) (10:30)

Section 3: FORWARD, SIDE, BACK, DRAG, BEHIND, SIDE, FORWARD, HITCH

1 2	Step forward on R (1), 1/8 R stepping L to L side (2) (12:00)
3 4	1/8 R stepping long step back on R as you begin to drag L to meet R (3), continue dragging L to finish next to R (4) (1:30)
5 6	Cross L behind R (5), 1/8 R stepping R to R side (6) (3:00)
7 8	Step forward on L (7), hitch R knee up (8)

Section 4: CROSS, 1/4, 1/2, HOLD, STEP, PIVOT 1/2, STEP, HOLD

1 2	Cross R over L (1), ¼ R stepping back on L (2) (6:00)
3 4	Sharp ½ turn R stepping forward on R (3), HOLD (4) (12:00)
5 6	Step forward on L (5), pivot ½ R (6) (6:00)
7 8	Step forward on L (7), HOLD (8)

(add two claps over R shoulder at the end of the 2nd, 4th & 5th A on a count "&8" as you're finishing section 4)

Part B: 32c
Section 1: POINT, FLICK, CROSSING SAMBA, CROSS, 1/4, SHUFFLE BACK

1 2	Point R out to R side (1), flick R up and out to R side (2)
3 & 4	Cross R over L (3), rock L to L side (&), recover on R (4)
5 6	Cross L over R (5), ¼ L stepping back on R (6) (9:00)
7 & 8	Step back on L (7), step R next to L (&), step back on L (8)

Section 2: FAN, FAN, COASTER STEP, WALK, 1/2, SHUFFLE 1/2 L

1 2	Small step back on R fanning L toe up & out to R (1), small step back on L fanning R toe up & out to L (2)

***dance counts 1-2 almost on the spot rather than travelling back**

3 & 4	Step back on R (3), step L next to R (&), step forward on R (4)
5 6	Walk forward on L (5), ½ L stepping back on R (6)
7 & 8	¼ L stepping L to L side (7), step R next L (&), ¼ L stepping forward on L (8)

Section 3: 1/4, TOUCH, SIDE, TOUCH, WALK BACK R, WALK BACK L, COASTER STEP

1 2	¼ L stepping R to R side as you body roll R (1), touch L toe forward toward L diagonal (2)
3 4	Step L to L side as you body roll L (3), touch R touch R toward R diagonal (4)
5 6	Walk back on R (5), walk back on L (6)
7 & 8	Step back on R (7), step L next to R (&), step forward on R (8)

Section 4: ½ TURNING HEEL BOUNCES, ½ TURNING SHIMMIES

1234	Make ½ turn L doing 4 heel bounce turns L with slight lean over R shoulder (weight ends forward on L) (1,2,3,4)
5678	Step forward on R (5), slow pivot ½ L as you shimmy/shake your shoulders back and forward (weight ends forward on L) (6,7,8)

Tag (Short)

Section 1: R ROCK & CROSS, L ROCK & CROSS, BUMP & BUMP & BUMP FLICK

1 & 2	Rock R to R side (1), recover on L (&), cross R over L (2)
3 & 4	Rock L to L side (3), recover on R (&), cross L over R (4)
5&6&	Step R to R side bumping hips R (5), bump hips L (&), bump hips R (6), bump hips L (&)
7 8	Bump hips R pushing R hip to R (7), recover stepping onto L flicking R up and out to R side (8)

Tag (Long)

Section 1: R ROCK & CROSS, L ROCK & CROSS, BUMP & BUMP & BUMP FLICK

1 & 2	Rock R to R side (1), recover on L (&), cross R over L (2)
3 & 4	Rock L to L side (3), recover on R (&), cross L over R (4)
5&6&	Step R to R side bumping hips R (5), bump hips L (&), bump hips R (6), bump hips L (&)
7 8	Bump hips R pushing R hip to R (7), recover stepping onto L flicking R up and out to R side (8)

Section 2: R JAZZBOX CROSS, SIDE, POINT ACROSS, SIDE, POINT BEHIND

1 2	Cross R over L (1), step back on L (2)
3 4	Step R to R side (3), cross L over R (4)
5 6	Step R to R side (5), point L across R (6)
7 8	Step L to L side (7), point R behind L (8)

Section 3: ROLLING VINE R, TOUCH/CLAP, ROLLING VINE L, TOUCH/CLAP

1 2	¼ R stepping forward on R (1), ½ R stepping back on L (2)
3 4	¼ R stepping R to R side (3), touch L next to R/CLAP (4) (12:00)
5 6	¼ L stepping forward on L (5), ½ L stepping back on R (6)
7 8	¼ L stepping L to L side (7), touch R next to L/CLAP (8) (12:00)

Section 4: R ROCK & CROSS, L ROCK & CROSS, BUMP & BUMP & BUMP FLICK

1 & 2	Rock R to R side (1), recover on L (&), cross R over L (2)
3 & 4	Rock L to L side (3), recover on R (&), cross L over R (4)
5&6&	Step R to R side bumping hips R (5), bump hips L (&), bump hips R (6), bump hips L (&)
7 8	Bump hips R pushing R hip to R (7), recover stepping onto L flicking R up and out to R side (8)

Ending: Dance up-to count 28 of the 2nd Long Tag facing (6:00) – step forward on R bumping R out on count (29) and continue with the hip bump section gradually turning ½ turn L to finish facing (12:00).

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