Shake

Count: 128 **Wall:** 2 **Level:** Advanced
Choreographer: Guyton Mundy (USA)
Music: Shake - Ying Yang Twins & Pitbull

HITCH ROLL, STEP, STEP OUT, PALMS DOWN IN FRONT OF CHEST, DROP, HAND HITS, RAISE UP

1&2	Hitch right leg up with right hand above knee, roll right knee in a small circle to the right with hand following knee, step forward on right with right hand extended out in front
&3	Step left out to left side bringing left hand to right hand with palms together arms extended out, rotate hands so both palms are facing down with left hand on top of right
4	Bend knees in while lowering body down
5&6	(With left hand still in place) take right hand and place in front of right knee, pop right knee out while following with right hand, pop right knee in while following with right hand
&7-8	Slap the underside of left hand with right, take left hand up and out making a full cycle to the left, bring left hand to right with both palms down, while dragging left foot to right while standing back up

HITCH, COASTER STEP, HITCH, BEHIND UNWIND, OUT, OUT, HEAD DOWN, HEAD UP

1	Hitch left knee while slightly raising hands up to chest
2&3	Step back on left, step right next to left, step forward on left
4	Hitch right to side while placing right hand on knee with left arm up to left side
5-6	Cross right behind left, unwind a full turn to the right
&7-8&	Step out on left, step out on right, drop head, lift head

HOLD, KNEE BENDS AND SHOULDER LIFTS TWICE, STRAIGHTEN UP, BODY PUMPS

1	Hold
&2	Bend right knee in while rolling right shoulder forward, straighten right knee while rolling shoulder back
&3	Bend left knee in while rolling left shoulder forward, straighten left knee while rolling shoulder back shoulder
4	Slightly jump up while bringing feet together
5&6	Slightly jump out with feet apart and weight even drop upper body bending at waist and leaning slightly forward and angled slightly to the right roll arms out from shoulders as you pump body down, raise body slightly, roll arms out from shoulders as you pump body down again
&7-8	Straighten up stepping right next to left, step left to side, step right next to left

¼ BODY ROLL TO LEFT, SCUFF, STEP, STEP, ARMS STUFF, ¼ TURN TO THE RIGHT

1-2	Body roll as you make a ¼ turn to the left
3&4	Scuff right foot forward, step forward on right, step together with left while rolling arms out in front
5-6-7	With left arm in front of stomach with a fist, slap right palm on left fist while taking left arm out to left side keeping elbow bent, take left arm behind back while taking right arm out to side, bring right arm back to side while taking left arm from behind back and out to left side
&8	Step right in place while making a ¼ turn to the right while taking right hand in front of chest, step together with the left while placing left hand on top of right with palms down

When doing counts 5-8 with arms, pretend your arms are like a pendulum

KICK BALL HEEL, SWIVEL, HITCH, TOE TOUCHES, AND STEP SIDE WALK WALK

1&2	(Drop arms) kick right forward, step left in place, tap left heel forward
&3&4	Swivel left heel to left and right toes to right, return to center, hitch left, step left together with right
5&6	Touch right to side, step right in place, touch left to side

&7-8	Step left in place, step right to side, step left next to right

WALK WALK, DROP DOWN, PUMP BODY, AND STEP STEP, ARM CROSSES

1-2	Walk diagonally to the right, right left
3-4	Step right to side and drop down to pump body (as in counts 21-22)
&5-6	Step together with right, step left to left side, step together with right
7-8	Cross left hand in front of body from shoulder height to right, cross right hand in front of body in same motion from shoulder to left hip. (imagine you are drawing a x in the air in front of you)

KICK, HITCH, SAILOR STEP, ¾ TURN LEFT SAILOR STEP, ½ TURNING TRIPLE STEP

1	While bring left hand over to right hip with right hand at right hip kick right forward
2	Hitch right
3&4	Step right behind left, step left together, step right to side
5&6	Turn ¼ turn to the left stepping left back, ¼ turn left stepping right behind left, ¼ turn stepping left to side
7&8	Make a ½ turn to the right while stepping right, left and then together with right

STEP PIVOTS, HEAD, SHOULDERS, KNEES, BODY ROLL UP

1	Step forward on left with arms stretched out in front with palms down
2	¼ pivot right keeping feet in place as you bend arms at elbows with palms down and finger tips touching with hands in front of chest
3	¼ pivot right keeping feet in place as you stretch arms out in front with palms down
4	Step right back next to left while dropping arms
5	Turn head ¼ left
6	Rotate shoulders ¼ turn left
&7&8	Roll left knee ¼ turn to left, roll right knee ¼ turn to left, roll knees apart, roll back together as you body roll up from feet

FULL TURN TO THE LEFT WHILE SHAKING

1-8	Shake body as you turn a full turn to the left walking right, left, right, left right, left, right, left

1 ½ TURN TO THE RIGHT WHILE SHAKING

1-8	Shake body as you turn a 1 ½ turn to the right walking right, left, right, left right, left, right, left

MAMBO STEPS FORWARD, BACK, RIGHT AND LEFT

1&2	Step forward on the right, step left back in place, step right next to left
3&4	Step back on left, step right forward in place, step left next to right
5&6	Step right to right side, step left in place, step right next to left
7&8	Step left to left side, step right in place, step left next to right

MAMBO STEPS FORWARD, BACK, RIGHT AND LEFT

1-8	Repeat previous 8 counts

CROSS ROCK SIDE TWICE AND STEP AND STEP AND STEP (THIS SECTION IS REPEATED 4X)

1&2	Cross rock right over left, replace weight on left, step right to right side
3&4	Cross rock left over right, replace weight on right, step left to left side
5&6&	Step right to right side, hitch left behind right, step left to left side, hitch right behind left
7&8	Step right to right side, hitch left behind right, step left to left side
9-32	Repeat 3 more times

REPEAT

The last 32 counts

These are done one group at a time. The floor is split into 3rds. Right, middle and left. Facing the front wall the right side will go first and do the first 8 counts, the 2nd 8 counts will be done by the left side, the middle

group will do the 3rd 8 counts and everyone will do the last 8 counts. Repeat when facing the back wall.

Last Update - 1 Jul. 2024 - R1
