Shake Shake

Counts:	32	**Walls:**	4	**Level:**	High Improver
Choreographer:	Ann-Kristin Sandberg (NOR) and Tom Inge Soenju (NOR), Feb 2019				
Music:	"Shake Shake" by Nessi.			**Track:**	2:25 (105 bpm)
Availability:	Available on iTunes, Google Play and Amazon.				

Intro:	16 counts
Sequence:	Repeating sequence.
Tag/Restart:	Restart after 16 counts on wall 3 and no tags.
End:	Dance as normal till music ends

SECTION 1:	**OUT-OUT, COASTER STEP, STEP–½ R PIVOT, STEP-LOCK-STEP**
1-2	Step RF fwd to R diag, Step LF fwd to L diag
3&4	Step RF back, Step LF next to RF, Step RF fwd
5-6	Step LF fwd, ½ R turn (weight on RF) (F06:00)
7&8	Step LF fwd, Lock RF behind LF, Step LF fwd (Optional: Put arms up (7), Put arms down (&), Put Arms up (8))

SECTION 2:	**FWD SKATING, KICK-COASTER STEP, STEP–¼ L PIVOT, HEEL OUT-OUT, IN-IN**
1&2	Skate fwd R, L, R (small steps like you shake from side to side)
3&4&	Kick LF fwd, Step back on LF, Step RF next to LF, Step LF fwd
5-6	Step RF fwd , ¼ L turn (weight on LF) (F03:00)
7&8&	Step R heel fwd to right diag, Step L heel fwd to left diag, Step RF back, Step LF next to RF (Restart here on wall 3)

SECTION 1:	**STEP-KICK-BACK, BACK ROCK-RECOVER, SIDE-TOGETHER-SIDE-TOUCH, POINT-TOUCH-KICK-BALL**
1-2	Step RF fwd, Kick LF fwd
3-4&	Step LF back, Step RF back, Recover weight onto LF
5&6&	Step RF to R side, Step LF next to RF, Step RF to R side, Touch LF next to RF
7&8&	Point LF to L side, Touch LF next to R, Kick LF fwd, Step back on ball of LF

SECTION 2:	**STEP–½ L PIVOT X2, ½ R TURN TOE-STRUT JAZZ BOX**
1-2	Step RF fwd, Half L turn (weight on LF) (F09:00)
3-4	Step RF fwd, Half L turn (weight on LF) (F03:00)
5&6&	Cross R toe over LF, Step R heel down, 1/8 R turn and touch L toe back, Step L heel down (F04:30)
7&8&	¼ R turn and touch R toe fwd, Step R heel down, 1/8 R turn and touch L toe fwd, Step L heel down (F09:00)

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact us:

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