

SHAKE YOUR SOUL

Music: Prandi Sound Cd My Fairy Tael (Orch. Blue Angels)
Track # 4 Time 3:40
Available from choreographer

Rhythm: Foxtrot Phase : V

Footwork: Opposite except where (Noted)

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Sequence: INTRO AA B A C A B A END

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INTRO

01-04 SCP LOD TRAIL FOOT FREE WAIT 2 MEASURES ; ; PROMENADE WEAVE ; ;

{Wait} SCP LOD tl ft free wt 2 meas ; ; **{Promenade Weave}** [SQQ;QQQQ] Fwd R, -, fwd L stg LF trn, contg trn sd & bk R (*W fwd L in pick up action, -, sd & bk R trng LF to CP, cont trng on R then fwd & sd L*) to BJO LOD ; Bk L, bk R twd DLC trng LF to CP, sd & fwd L twd DLW, fwd R (*W Fwd R outside ptr, fwd L trng LF to CP, sd & bk R contg LF trn to fc COH, bk L*) to BJO DLW ;

PART A

01-04 THREE STEP ; OP NATURAL ; BACK TWISTY VINE 4 ; IMPETUS to SCP ;

{Three Step} Fwd L, -, sd & fwd R between W's ft, fwd L ; **{OP Natural}** Fwd R between W's feet trng RF, -, sd L twd Wall, bk R with right shoulder lead (*W bk L, -, cls R heel turn, fwd L outside M*) to BJO DRC ; **{Bk Twisty Vine 4}** [QQQQ] Back L in BJO, sd R trng to SCAR, forward L in SCAR, sd & bk R trng to BJO ; **{Impetus to SCP}** Bk L comm RF trn, -, cl R heel trn, fwd L (*W fwd R btw M's ft heel to toe pvt 1/2 RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R*) to SCP LOD ;

05-08 PROMENADE WEAVE ; ; WHISK ; WHISK in 4 ;

{Promenade Weave} Repeat meas 3,4 Intro ; ; **{Whisk}** Fwd L, -, sd & fwd R, XLib (*W XRib*) to SCP DLC ; **{ Whisk in 4}** [QQQQ] Thru R in SCP, trng twd ptr cl L to CP WALL, sd R, XLib (*W XRib*) to SCP LOD ;

09-12 NATURAL HOVER CROSS ; ; TWO LEFT TURNS ; ;

{Nat Hov Cross} [SQQ; QQQQ] Fwd R comm RF turn, -, sd L cont RF turn, sd R cont RF turn to fc DLC in SCAR (*W fwd L comm RF turn, -, fwd R cont RF turn, cont RF turn sd L*) ; Fwd L small step on toes, rec R, trng LF & blending briefly to CP sd L, XRif to BJO DLC ; **{2 Left Turns}** Fwd L com LF trn, -, sd R cont trn, cl L to CP RLOD ; Bk R com LF trn, -, sd L cont trn, cl R to CP WALL ;

13-16 HOVER ; THRU VINE 4 ; NATURAL WEAVE ; ;

{Hover} Fwd L, -, fwd & sd R rise to ball of ft, fwd L to SCP DLC ; **{Thru Vine 4 to SCP}** [QQQQ] XRif (*W XLif*), sd L fcg ptr, XRib (*W XLib*), sd L to SCP LOD ; **{Natural Weave}** [SQQ;QQQQ] Fwd R trng RF, -, sd L, bk R to BJO DRW ; Bk L, bk R in CP trng LF, cont LF trn sd L, fwd R to BJO DLW ;

PART B

01-04 HOVER TELE ; OP NATURAL ; IMPETUS to SCP ; CHAIR & SLIP;

{Hover Tele} Fwd L, -, fwd & sd R rising & trng 1/8 RF, sd & fwd L to SCP LOD ; **{OP Natural}** Fwd R stg RF trn, -, sd L cont RF trn to CP RLOD, cont slight RF bdy trn bk R (*W fwd L, -, fwd R btw M's ft, fwd L*) to BJO DRC ; **{Impetus to SCP}** Bk L comm RF trn, -, cl R heel trn, fwd L (*W fwd R btw M's ft heel to toe pvt 1/2 RF, -, sd & fwd L cont trn arnd M brush R to L, fwd R*) to SCP LOD ; **{Chair & Slip}** Ck thru R, -, rec L, trng LF bk R (*W ck thru L, -, rec R, swvlg LF on R fwd L*) to CP DLC ;

05-08 TELEMARK to SCP ; CURVED FEATHER ; DOUBLE OUTSIDE SWIVEL ; WEAVE ENDING :

{Telemark to SCP} Fwd L comm LF trn, -, sd R contg LF trn, sd & fwd L (*W bk R comm LF trn bringing L ft beside R w/ no wgt, -, cont trng LF on R heel & chg wgt to L, sd & sltly fwd R*) to SCP DLW ; **{Curved Feather}** Fwd R stg RF trn, -, cont RF trn sd & fwd L, cont upper bdy RF trn fwd R outsd W to BJO DRW ckg ; **{Double Outsd Swivel}** [SS] Bk L Xg Rif w/ no wgt, -, fwd R (*W fwd R & swvl ½ RF to SCP DRC, -, fwd L & swvl LF ½*) to BJO DRC, -; **{Weave Ending}** [QQQQ] Bk L, trng LF & blendg to CP bk R, sd & fwd L, fwd R to BJO DLW ;

PART C

01-04 CHANGE of DIRECTION ; OP REVERSE TURN ; HOVER CORTE ; BACK HOVER to SCP :

{Chng of Direction} [SS] Fwd L, -, fwd & sd R trng LF 1/4, draw L to CP DLC ; **{OP Reverse Turn}** Fwd L stg LF trn, -, sd R contg trn, bk L compg 3/8 LF trn (*W bk R stg LF trn, -,sd L cont trn, fwd R outsd ptr*) to BJO RLOD ; **{Hover Corte}** Bk R stg ½ LF trn, -, cont trn sd & fwd L rising & compg trn, rec R to BJO LOD ; **{Bk Hover to SCP}** Bk L, -, bk R risg sltly, rec L (*W fwd R, -, fwd & sd L trng RF risg & brushg R to L, contg RF trn sd & fwd R*) to SCP DLC ;

05-08 CROSS PIVOT to SCAR ; CROSS HOVER to SCP ; IN & OUT RUNS ; :

{Cross Pivot to SCAR} Fwd R w/ manuv action in front of W stg RF trn, -, sd L w/ strong RF trn, fwd R (*W sm fwd L stg RF trn, -, fwd R btw M's ft pvtg RF, sd & bk L*) to SCAR LOD ; **{Cross Hover to SCP}** XLif, -, sd R hvrg, rec L (*W XRib, -, sd & bk L w/ strong RF trn, fwd R*) to SCP DLC ; **{In & Out Runs}** Trng RF fwd R, -, sd & bk L, bk R (*W fwd L, -, fwd R between M's ft, fwd L*) to BJO RLOD ; Trng RF bk L, -, contg trn fwd R between W's ft, sd & fwd L (*W trng RF fwd R, -, cont trn sd L in frt of M, cont trn fwd & sd R*) to SCP DLC ;

09-16 REPEAT MEAS 9-16 PART A

ENDING

01-05 HOVER ; THRU VINE 4 ; NATURAL WEAVE ; ; QUICK DIP BACK & LEG CRAWL ;

{Hover} Repeat meas 13 Part A ; **{Thru Vine 4}** Repeat meas 14 Part A ; **{Natural Weave}** Repeat meas 15,16 Part A ; **{Ok Dip Bk & Leg Crawl }** [QQ] Quickly Bk L w/ flexed knee, (*W fwd R, raise L leg along M'S R*) ;