

## **THE SHAKE**

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Music; CD 'Neal McCoy Greatest hits - track 10 also available from Amazon or iTunes time 3:33

Rhythm: Phase II – 2 step Footwork: Opposite directions of Man.

Sequence: I – AB – ABC- B( 1-16) - End Difficulty – maybe with Hitch/ unwrap combo

MEAS

INTRO

**1-4**

**WAIT 2 ; ; BACK APART 3 \* ; TOGETHER 3 ;**

**1-4**

wt 2 meas;; back apt L,R,L,-; tog R,L,R,-;

PART A

**1-6**

**2 FWD 2 STEPS ; ; VINE APART/ TOGETHER ; ; VINE 3; WRAP;**

1-6

fwd I, cl R, fwd L-; fwd R, cl L, fwd R,-; sd L, xRib of L, sd L, tch R;  
sd R, xLib of R, sd R, to BFLY; sd L, xRib of L, sd L, tch R; sd R, xLib of R,  
sd R, tch L (W sd L trng LF, cont LF trng bk R, sd L ) to wrap pos;

**7-10**

**ROCK, RECOVER; FWD 3; HITCH/ UNWRAP; ROCK REC;**

7-10

rk bk L,-, rec fwd R,-; still wrapped fwd L,R,L,-; raise hds fwd R, cl L, bk R  
( W fwd L trng RF 1/4, cl R cont 1/4 trn, fwd L,-; rk bk L, -, rec R, bjo;

**11-16**

**WHEEL 6; CIR AWAY 2 STEP ; 2 STEP TO FC ; CROSS PT TWICE; ;**

11-16

trng RF fwd L,R,L (W R,L,R) around ptnr,;-; cont RF trng arnd ptnr R,L,R  
(W L,R,L); semi trng twd COH L, cl R, L (W twd wall),;-; trng LF R, cl L, R,  
to fc ptnr; xLif of R,-pt R to right sd,;- xRif of L,-, pt L to left sd, BFLY;

PART B

**1-3**

**SIDE 2 STEP \* (LEFT & RIGHT) ; ; BACK APART 3 (TURN 1/2 );**

1-3

sd L, cl R, sd L,\*; sd R, cl L, sd R, \*; back away L,R,L, trng RF on L;

**4-8**

**3 STEPS AWAY; SLOW SWAY 4 TO FC; ; SKATE TOG 4 ; ;**

4-8

fwd R,L,R away from ptnr ,;-; fwd L, trng RF 1/4, rec R,-; fwd L, trng RF 1/4 to fc ptr,  
rec R,-; diag fwd L twd ptr swvl RF, draw R to L\*, diag fwd R twd ptr swvl LF,  
draw L to R\*, ,-; repeat meas 7;

**9-14**

**LACE UP; ; ; ROLL DOWN 3 ; REV ROLL 3 ;**

9-14

(W und joined lead hnds) fwd L, cl R, fwd L,-; fwd R, cl L, fwd R,-; (W und new  
lead hnds ) fwd L, cl R, fwd L,-; fwd R, cl L, fwd R, to fc; sd L to LOD trn LF,  
R, L, to BFLY; sd R to RLOD trn RF, L,R,-;

**15-18**

**RK FWD \*, REC ; RK BACK \* REC ; RK FWD \*, REC ; RK BACK \* REC ;**

15-18

CP/WALL rk fwd L,-, rec R,-: rk bk L, -, rec R, -: repeat meas 15 & 16; ;

PART C

**1-8**

**OP VINE 4 ; ; CIRCLE CHASE ; ; ; STRUT 4 ; ;**

1-8

sd L, -, xRib of L,-; sd L, -, thru L,-; fwd L, cl R, fwd L, (W beh M); fwd R, cl L,  
fwd R, trn LF to RLOD; fwd L, cl R, fwd L, ( M beh W); fwd R, cl L, fwd R, to OP;  
fwd L,-,R,-; L,-,R, -;

**9-16**

**LEFT TRNG BOX;;;; BK APART 3; BK APART 3; TOGETHER 4 W/ SNAPS; ;**

9-16

Sd L, cl R, fwd L tng 1/4 LF CP/LOD; sd R, cl L, bk R 1/4 CP/COH; repeat meas

9 fc RLOD & meas 10 CP/WALL; back L, R, L, -; R, L, R -; fwd L, snap, R, snap;  
L, snap, R, snap;

END

**1-4**           **ROLL 3 ; REV ROLL 3 ; RK FWD \* , REC ; RK BACK \* REC ; TWICE;** ;  
 1-4           repeat meas 11-18 of PART B ; ; ; ; ;  
**5-12**           **OPEN VINE 4 ; ; STRUT 4 ; ; CIRCLE CHASE ; ; ; TO TANDEM**  
 5-12           Sd L,-, xRib, -; sd L,-, XRif, to OP; fwd L.-,R, -; L, -, R -; both trn LF to COH  
 fwd L,R,L, (W beh M); R,L,R, comp 180 turn; twd WALL M beh W fwd L,R,L,-;  
 R,L,R, to tandem W still in frnt;  
**13-20**           **FWD W/ SHAKES ; ; ; ; ; ;**  
 fwd L,shake 3x; fwd R, shake 3x; repeat till music fades ; ; ; ; ; ;  
 \*               SHAKE –shoulders shimmy Q,Q,S,-;

## HEAD CUES

MEAS

INTRO

**WAIT 2 :: BACK APART 3 \* ; TOGETHER 3 :**

## PART A

**1-6**           **2 FWD 2 STEPS ; ; VINE APART/ TOGETHER ; ; VINE 3; WRAP;**  
**7-10**          **ROCK, RECOVER; FWD 3; HITCH/ UNWRAP; ROCK REC;**  
**11-16**         **WHEEL 6;; CIR AWAY 2 STEP ; 2 STEP TO FC ; CROSS PT TWICE;;**

## PART B

**1-3** SIDE 2 STEP \* (LEFT & RIGHT) ; ; BACK APART 3 (TURN  $\frac{1}{2}$  );  
**4-8** 3 STEPS AWAY; SLOW SWAY 4 TO FC; ; SKATE TOG 4 ;;  
**9-14** LACE UP; ; ; ROLL DOWN 3 ; REV ROLL 3 ;  
**15-18** RK FWD \*, REC ; RK BACK \* REC ; RK FWD \*, REC ; RK BACK \* REC ;

## PART A

**1-6  
7-10  
11-16**

**2 FWD 2 STEPS ; ; VINE APART/ TOGETHER ; ; VINE 3; WRAP;  
ROCK, RECOVER; FWD 3; HITCH/ UNWRAP; ROCK REC;  
WHEEL 6:: CIR AWAY 2 STEP : 2 STEP TO FC : CROSS PT TWICE:::**

## PART B

**1-3** SIDE 2 STEP \* (LEFT & RIGHT) ; ; BACK APART 3 (TURN  $\frac{1}{2}$  ) ;  
**4-8** 3 STEPS AWAY; SLOW SWAY 4 TO FC ; ; SKATE TOG 4 ; ;  
**9-14** LACE UP ; ; ; ROLL DOWN 3 ; REV ROLL 3 ;  
**15-18** RK FWD \* REC : RK BACK \* REC : RK FWD \* REC : RK BACK \* REC :

PART C

**1-8** OP VINE 4 ; ; CIRCLE CHASE ; ; ; STRUT 4 ;  
**9-16** FEET TRNG BOX----BK APART 3: BK APART 3: TOGETHER 4 W/ SNAPS:

## PART B

**1-3** SIDE 2 STEP \* (LEFT & RIGHT) ; ; BACK APART 3 (TURN  $\frac{1}{2}$ ) ;  
**4-8** 3 STEPS AWAY; SLOW SWAY 4 TO FC; ; SKATE TOG 4 ;;  
**9-14** LACE UP; ; ; ROLL DOWN 3 ; REV ROLL 3 ;  
**15-18** RK FWD \* REC : RK BACK \*

FND

**1-4 ROLL 3 ; REV ROLL 3 ; RK FWD \* , REC ; RK BACK \* REC ; TWICE; ;**  
**5-12 OPEN VINE 4 ; ; STRUT 4 ; ; CIRCLE CHASE ; ; ; TO TANDEM**  
**13-20 FWD W/ SHAKES ; ; ; ; ;**