

# 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 l, 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 ¼ 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 ptr,-; cont RF trng arnd ptr 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 ptr; 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 ½ );**  
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 ptr,-; fwd L, trng RF ¼, rec R,-; fwd L, trng RF ¼ to fc ptr,  
rec R,-; diag fwd L twd ptr swivl RF, draw R to L\*, diag fwd R twd ptr swivl 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 ¼ LF CP/LOD; sd R, cl L, bk R ¼ 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;

