

Shake It!

64 Count, 2 Wall, Intermediate, Jive
Choreographer: Nicola Lafferty & Lee Easton (UK)
August 2009
Choreographed to: Shake It by Metro Station

48 Counts from start of track (begin on main vocals)

- 1-8 Step Kick, Step Double Kick, & Cross Unwind, Side Step**
1 Step Left foot to Left diagonal (facing 10.30)
2 Kick Right foot to Right diagonal
3 Step down on Right foot
4,5 Kick Left foot forward twice (still angling to L diagonal)
&6 Step down on Left foot, cross Right foot over Left foot
7 Unwind just over $\frac{3}{4}$ turn over Left shoulder to face 12 o'clock putting weight on Left foot
8 Step Right foot to Right side
- 9-16 Sailor Steps, Hold, Ball change**
1&2 Left sailor step
3&4 Right sailor step
5&6 Left sailor step
7 Hold
&8 Step Right foot beside Left foot, step Left foot to Left diagonal (facing 10.30)
- 17-24 Side Touch Hop Steps, Double Kick, Side Kicks**
1&2 Facing Left diagonal (10.30), touch R toe to R side, hop on Left foot as you hitch Right leg, step Right foot across Left foot
3&4 Facing Left diagonal (10.30), touch L toe to L side, hop on Right foot as you hitch Left leg, step Left foot across Right foot
5,6 Kick Right foot to Right side twice
&7 Step Right foot beside Left foot, Kick Left foot to Left side
&8 Step Left foot beside Right foot, Kick Right foot to Right side
- 25-32 Step 1/8 Turn, Hold, Step $\frac{3}{4}$ Turn, Hold, Syncopated Turn, Side triple into Drag**
1,2 Making 1/8 turn Left to face 9 o'clock Step Right foot forward, hold
3,4 Unwind $\frac{3}{4}$ turn to Left (to face 12.00) putting weight on Left foot, hold
&5 Step Right foot to Right side, cross Left foot behind right foot
6 Unwind a full turn over left shoulder, putting weight to Left foot
7& Step Right foot to Right side, Step Left foot beside Right foot
8 Step Right foot a large step to Right side, drag Left foot towards Right foot
- 33-40 Hold, Rock to Diagonal, Triple Back, 2 Walks Back**
1,2 Hold
3,4 Turning 1/8 Turn to Right diagonal (facing 1.30) Rock fwd onto Left foot, recover weight to Right foot
5&6 Facing Right diagonal (1.30) – Triple step back (L, R, L)
7,8 Walk back Right foot, Walk back Left foot
- 41-48 Plie Walks travelling back, Ball change**
1,2 Facing 1.30, step Right foot back bending both knees and angling body to right, recover
3,4 Facing 1.30, Step Left foot back bending both knees and angling body to left, recover
5,6 Repeat counts 1-2
7 Step Left to side making another of turn to Left (facing 12.00)
&8 Step ball of Right foot behind Left foot, Step Left foot in place
- 49-56 Kick Ball changes travelling $\frac{1}{2}$ a Turn**
1-8 Making a half turn over left shoulder back to facing the 12 o'clock wall, execute 4 kick Ball changes on the Right foot
- 57-64 Syncopated Touches, Layout fwd, Hold, Ball change**
1& Touch Right toe to Right side, Step Right foot beside Left foot
2& Touch Left toe to Left side, Step Left foot beside Right foot
3& Touch Right toe forward, Step Right foot beside Left foot
4& Touch Left toe forward, Step Left foot beside Right foot
5 Step Right foot a large step forward as you take body back
6,7 Hold as you bring your body upright
&8 Step ball of Left foot beside Right foot, Step Right foot in place (angling to Left diagonal ready to begin the dance again)
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