

Shake it

Choreographed by SLOANEHansen
Description: ABC,Pulse (polka)
Level: Crown
Music: "Country Girl (shake It For Me)
Official UCWDC competition dance description

Sequence: A, B, C, A, B, C

PART A: 32 counts (start facing 1:30)
1-8: Scuff, cross, coaster step – x2
1-2 Scuff RF forward, cross RF over LF
3&4 Left Coaster step
5-8 Repeat 1-4

9-16: Stomp R, L, triple back, coaster, sweep
1-2 Squaring to 12:00, stomp RF to right, stomp LF in place
3&4 Right triple step back
5&6 Left coaster step
7-8 Step RF behind LF, step LF forward with RF
sweep from back to front, cross RF in front of LF

17-24: Hitch, slide, weave - x2
1-2 Hitch Left, step LF to side (dragging Right heel)
3&4 Cross RF behind LF, step LF to side, cross RF in front of LF
5-8 Repeat 1-4

25-32: &cross, hold, 1T1/4 right, 4 chainé turn
&1-2 Step LF to side, cross RF behind LF, hold
3-4 Unwind 1T1/4 to right finish stepping LF forward
5&6 & 2 chainé turns to left (R-L-R-L)
7&8 Repeat 5&6

Option: do only 2 chainé turnson 5-8

PART B – 32 counts

1-8: Gallop forward, rock step, triple back
1&2&3&4 (Step RF forward, step LF together) xstep RF forward
1-8: Diagonal steps, running man
1-2 Step RF forward to right diagonal, hold
3-4 Touch LF to left diagonal rolling knee CCW,
roll knee again and take weight on LF
5-6 Step RF to right diagona
7 Face 1:30 and skip back on LF, step RF forward
8 Skip back on RF, step LF forward

PART C – 32 counts

9-16: Slide back, 1/2T, running man, slide back, 1/2T,
face back, front
1 Put weight on RF and slide LF back (no weight)
2 1/2T left on RF and transfer weight to LF (face 7:30)
3 Skip back on LF, step RF forward
4 Skip back on RF, step LF forward
5-6 Repeat 1-2 (face 1:30)
7 1/2T right to face 7:30 transferring weight to RF
8 1/2T left to face 1:30 transferring weight to

17-32 Repeat 1-16
5-6 Left rock step forward
7&8 Left triple step back to 7:30

9-16: Gallop back,
1&2&3&4 (Step RF back, step LF together) x3, step RF back
&5-6 Squaring back to 12:00, step LF together, slow step RF to side
7-8 Step LF together, step RF to side taking weight with body roll

17-24:
1-2 Face 3 and step LF to left side, hold
3-4 1/2T right, step RF to right side, hold
5-6 1/4T right and step LF to side, 1/2T step RF to side 1/2T right
7-8 1/2T right and step LF to side, 1/2T right step RF to side

Step LF to side, cross RF behind LF, hold
finish stepping LF forward
8: Gallop forward, rock step, triple back
&2&3&4 (Step RF forward, step LF together) x3,

25-32: Steps forward, & cross
1&2 & Face 10:30 and step LF forward, step RF together,
step LF forward, step RF together
3-4 Big LF step forward, step RF together
5-6 Step LF forward, cross 12:00, hold
7-8 Unwind with 2T right on LF

