

# Just Shake

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Type of dance: Phrased A B West coast Linedance A: 56 count, 2 walls, B: 16 counts, 1 wall  
 Sequence: B, A, B, A, A 40 & counts, B, A, A, B, B 5 counts  
 Level: High Intermediate/Advanced  
 Music: Shake That Rhythm by Frank Lauridsen ( Album : How it feels to be Frank Lauridsen) length : 4:02  
 Intro: 16 counts from first beat  
 Restart: After 40 counts of the 3<sup>rd</sup> part A ( facing 6:00 ) step fw. L on the & count, then restart dance with part B  
 Ending: After 5 counts of the last B ( facing 6:00 ) make a ½ turn R on L on count 6...The End ☺

## Part A

Counts	Footwork	You face
<b>1 – 8</b>	<b>Walk walk, sailor step ¼ R, roll knee L+R, cross side together flick R</b>	
1-2	Walk fw. R (1), walk fw. L (2)	12:00
3&4	Cross R behind L (3), turn ¼ R stepping L to side (&), step R to side as you roll your R knee from L to R	03:00
5-6	Roll L knee and step out L (5), roll R knee and step out R (6)	03:00
7&8	Cross L over R (7), step R to side (&), step L next to R and flick R (8)	03:00
<b>9 – 16</b>	<b>Weave L, behind side cross, rock L to side recover ¼ L, coaster step back L</b>	
1-2	Cross R over L (1), step L to side (2)	03:00
3&4	Cross R behind L (3), step L to side (&), cross R over L (4)	03:00
5-6	Rock L to side (5), recover R and turn ¼ L (6)	12:00
7&8	Step back L (7), step R next to L (&), step fw. L (8)	12:00
<b>17 – 24</b>	<b>Step fw. R roll hip ccw ¼ L, touch L, ¼ ¼ R cross L, rock R to side, recover L, cross R ¼ R back lockstep L</b>	
1-2	Step fw. R and do a hip roll from L to R as you make a ¼ turn L (1) touch L (2)	09:00
3&4	Turn ¼ R stepping back L (3), turn ¼ R stepping R to side (&), cross L over R (4)	03:00
5-6	Rock R to side (5), recover L (6)	03:00
7&8&	Cross R over L (7), turn ¼ R stepping L (&), cross R over L (8), step back L (&)	06:00
<b>25 – 32</b>	<b>¼ R stepping R to side point L to L, triple ½ L, ½ turn R, walk L walk R, out out L+R, step L next to R</b>	
1-2	Turn ¼ R stepping R to side (1), point L to side (2) ( prep R )	09:00
3&4	Turn ¼ L stepping down L (3), step R next to L (&), turn ¼ L stepping fw. L (4)	03:00
5-6	½ turn R stepping fw. R (5), walk fw. L (6)	09:00
7&8&	Walk fw. R (7), step out L (&), step out R (8), step L next to R (&)	09:00
<b>33 - 40</b>	<b>Heel grind R step L to L, behind side cross, side rock back rock, side step L spiral ¼ R, step fw. R</b>	
1-2	Cross R over L (1) step L to side as you grind R heel R (2)	09:00
3&4	Cross R behind L (3), step L to L side (&), cross R over L (4)	09:00
5&6&	Rock L to side (5), recover R (&), rock back L (6), recover R (&)	09:00
7-8	Step L to side and do a spiral turn ¼ R (7) step down R (8)	06:00
<b>41 - 48</b>	<b>Rock fw. L recover R, coaster step back L, step ½ turn L, triple full turn L</b>	
1-2	Rock fw. L ( option: body roll ) (1), recover R (2)	06:00
3&4	Step back L (3), step R next to L (&), step fw. L (4)	06:00
5-6	Step fw. R (5), make a ½ turn L stepping down L (6)	12:00
7&8	Make a ½ turn L stepping back R (7), make a ½ turn L stepping fw. L (&), step fw. R (8)	12:00
<b>49 - 56</b>	<b>Step fw. L ½ turn R, rocking chair L, step diagonally fw. L touch R, step diagonally fw. R. touch L, step fw. L, kick ball R step L</b>	
1-2	Step fw. L (1), make a ½ turn R stepping fw. R (2)	06:00
3&4&	Rock fw. L (3), recover R (&), rock back L (4), recover R (&)	06:00
5&6&	Step L diagonally fw. L (5), touch R next to L (&), step R diagonally fw. R (6), touch L next to R (&)	06:00
7&8&	Step fw. L (7), kick R fw. (&), step R next to L (8), step fw. L (&)	06:00

## Part B

Counts	Footwork	You face
<b>1 – 8</b>	<b>Hip bump R fw. And ¼ L, sailor step ¼ L, step dip/roll hip fw. Rocking chair</b>	
1&2	Touch fw. R and bump R hip fw. (1), recover L (&), turn ¼ L and bump R hip R (2)	09:00
3&4	Cross L behind R (3), turn ¼ L stepping down R (&), step fw. L (4)	06:00
5&6	Place R foot fw. (5), dip and roll hips fw. (&), step down R (6)	06:00
7&8&	Rock fw. L (7), recover R (&), rock back L (8), recover R (&)	06:00
<b>9 – 16</b>	<b>Repeat count 1-8 with L foot leading</b>	
1&2	Touch fw. L and bump L hip fw. (1), recover R (&), turn ¼ R and bump L hip L (2)	09:00
3&4	Cross R behind L (3), turn ¼ R stepping down L (&), step fw. R (4)	12:00
5&6	Place L foot fw. (5), dip and roll hips fw. (&), step down L (6)	12:00
7&8&	Rock fw. R (7), recover L (&), rock back R (8), recover L (&)	12:00

Enjoy...☺