

Shake Us Up

Choreographer: Don Carleton & Dottie Censabella
Description: 32 count, beg/int partner circle dance
Music: **Shake It** by The Lacs feat. Big 7 Rich



Intro 32 counts

Position: Open promenade, Ladies left hand in man's right

Opposite footwork, Man's step listed

Beats / Step Description

4 TOE STRUTS MAKING ¼ TURN MODIFIED JAZZ BOX

- 1,2 Touch right toe across left, drop right heel
- 3,4 Touch left toe back, drop left heel
- 5,6 Turn ¼ turn right to face partner touching right toe to right side, drop right heel
- 7,8 Touch left across right, drop left heel

SIDE, TOUCH, SIDE, BEHIND, SIDE, CROSS, STEP ¼ TURN, TOUCH

- 1,2 Step right to right side, touch left next to right
- 3,4 Step left to left side, step right behind left
- 5,6 Step left to left side, cross right over left
- 7,8 Turn ¼ turn left stepping forward on left, touch right next to left (LOD, open promenade)

BUMP HIPS RIGHT TWICE, LEFT TWICE, ROLL HIPS TWICE

- 1,2 Bump hips to right twice (weight to right)
- 3,4 Bump hips to left twice (weight to left)
- 5,6 Roll hips counter clockwise 1 full rotation (weight to left)
- 7,8 Roll hips counter clockwise 1 full rotation (weight to left)

RIGHT HEEL, LEFT HEEL, KICK RIGHT TWICE, BACK ROCK

- 1,2 Touch right heel forward, step right next to left
- 3,4 Touch left heel forward, step left next to right
- 5,6 Kick right forward, kick right forward
- 7,8 Rock back on right, recover to left

Smile and Begin Again