

Shake Yourself Loose

Choreographed by Kathy Hunyadi, Ocala FL, January 2005, danceordie@cox.net

64 Count, 4 Wall Line Dance, Intermediate, Mixed Rhythm

Music: "Shake Yourself Loose" by Vickie Winans (CD *Bringing It All Together*)

Dance starts with vocals

1-8 WALK, WALK, KICK STEP CROSS, STEP, STEP, CROSS, STEP, KICK ACROSS

- 1,2 Walk forward R, Walk forward L
- 3&4 Kick R forward, Step back on R, Cross step L over R
- 5&6 Step back on R, Step back on L (angle body slightly left), Cross step R over L
- 7,8 Step back on L, Kick R forward and across L

9-16 QUICK STEP RIGHT, CROSS, STEP, SYNCOPATED WEAVE RIGHT, PRESS, SYNCOPATED WEAVE LEFT WITH 1/4 TURN LEFT

- &1,2 Step R to side, Cross L over R, Step R to side
- 3&4 Cross step L behind R, Step R to side, Cross step L over R
- 5,6 Step (press) ball of R to side, Recover weight to L
- 7&8 Cross step R behind L, Turning 1/4 left stepping L forward, Step forward on R

17-24 FORWARD ROCK LEFT, TOGETHER, FORWARD ROCK RIGHT, TOGETHER, CROSS, 1/4 LEFT TURN, LEFT COASTER

- 1&2 Rock forward on L, Recover weight to R, Step L beside R – push hips back
(*This is like a mambo rock with attitude!*)
- 3&4 Rock forward on R, Recover weight to L, Step R beside L – push hips back
- 5,6 Cross step L over R, Step back on R turning 1/4 left
- 7&8 Step back on L, Step R together with L, Step L forward

25-32 SYNCOPATED JAZZ TURN, WALK, WALK, SIDE JAZZ JUMP LEFT, SHAKE

- 1&2 Cross step R over L, Step L back turning 1/4 right, Step R to side
- 3,4 Small step forward L, Small step forward R
- &5 Jazz jump to left – stepping L then R (feet slightly apart)
- 6,7,8 Bump L hip to left keeping R knee bent (weight is on L)

33-40 REPEAT COUNTS 25-32

41-48 STEP RIGHT, TOUCH, STEP LEFT, TOUCH, WEAVE RIGHT, CHASE TURN RIGHT

- 1,2 Step R to side (bring both arms up and out to side, shoulder height), Touch L toe behind R (bring both arms down and cross in front of body at waist level bending slightly to side at waist)
- 3,4 Step L to side (bring both arms up and out to side, shoulder height), Touch R toe behind L (bring both arms down and cross in front of body at waist level bending slightly to side at waist)
- 5&6 Step R to side, Cross step L behind R, Turn 1/4 right stepping R forward
- 7&8 Step forward on L, Turn 1/2 right, Step L forward

49-56 JAZZ JUMP FORWARD, CLAP, BUMP HIPS, JAZZ JUMP BACK, CLAP, BUMP HIPS

- &1,2 Take small 'jazz' jump forward R, L – bring feet together, Clap
- 3&4 Bump L hip left, R hip right, L hip left (*bend your knees*)
- &5, 6 Take small 'jazz' jump back R, L – bring feet together, Clap
- 7&8 Bump L hip left, R hip right, L hip left (*bend your knees*)

57-64 ROCK FORWARD ON RIGHT, RECOVER, RIGHT COASTER STEP; 1/2 TURN RIGHT, FULL TRIPLE TURN RIGHT

- 1,2 Rock forward on R foot, Recover weight to L
- 3&4 Step back on R, Step L beside R, Step R forward
- 5,6 Step forward on L foot, Turn 1/2 to right, Step R foot in place
- 7&8 Turn 1/2 right stepping back on L, Turn 1/2 to right stepping forward on R, Step forward on L

BEGIN AGAIN