Count: 32 Wall: 2 Level: Improver / Low Intermediate Choreographer: Donna Manning (June 2012) Music: Shake It by The Lacs feat. Big & Rich

## CROSS ROCK, BACK ROCK, CROSS, SIDE, BEHIND, 1/4 TURN L

1,2,3,4R Cross Rock (10:30), recover weight to L, R back rock (4:30), recover weight to L \*\*\*hips still angled to 10:30\*\*\* 5, 6, 7, 8Cross R over L, Step L to L side, Cross R behind L, Turn ¼ L stepping L foot forward (9:00)

## 1/2 TURN L, L FT SWEEP, STEP BACK, R FT SWEEP, R BACK ROCK, STEP, DRAG

1, 21/2 Turn L Stepping back on R (sit slightly back on that R for stability), Sweep L foot from front to back

- 3, 4Step down on L foot, Sweep R from front to back
- 5, 6R back rock, Recover weight to L
- 7, 8Big step forward with R, drag L foot to meet R (don't change weight) (3:00)

## BUMP, BUMP, STEP, DRAG, BUMP, BUMP, STEP, DRAG

1, 2Keeping weight on R - Bump L hip front, Bump R hip back

3, 4Step L foot forward, Drag R foot to meet L (don't change weight)

- 5, 6Keeping weight on L Bump R hip front, Bump L hip back
- 7, 8Step R foot forward, Drag L foot forward to meet R (3:00)

# STEP FORWARD, 1/4 TURN R, CROSS, KICK, KICK, ROCK RECOVER, HITCH

1, 2, 3Step L foot forward, 1/4 Turn R (taking weight - over rotate), Step L foot across

4, 5R foot low kick to 7:30 - twice

6, 7R Back Rock (1:30), Recover weight to L

8R hitch from back to front - body will be angled facing 7:30 then finishing facing 4:30 (6:00) Styling hint- toes pointed down - that flat foot isn't appealing, keep foot close to L leg

### END OF DANCE! HAVE FUN! SMILE!

### **REPEAT! - NO tags or restarts**

www.dancinfree.com - dancindonna928@yahoo.com

You may copy this step sheet as is. No alterations may be made without permission from Donna.

Last Revision - 6th July 2012