

School Dance Styles

Ecole de Danse

DISCO SHAKE

Count: 32 Wall: 2 Level: Beginner

Choreographer: Michelle Wright (USA) - October 2023

Music: Shake Your Groove Thing - Peaches & Herb

starts 32 counts in.

Section 1: R&L double Hip bump, R&L hip bumps

- 1,2 Step R to R side and bump hip R x2
- 3,4 Recover weight on L and Bump hip L x2
- 5,6 Bump hip R, Bump hip L
- 7,8 Bump hip R, Bump hip L

Section 2: R grapevine w/ clap, L rolling grapevine w/ clap

- 1,2 Step R to R side, Step L behind R
- 3,4 Step R to R side, Point L to L side and Clap
- 5,6 ¼ turn L stepping L forward, ½ turn L stepping R back
- 7,8 ¼ turn L stepping L to L side, Touch R next to L and clap
(Easier option; Grapevines R&L)

Section 3: Back Diagonal step touches w/claps, Syncopated back touches

- 1,2 Step R back to R diagonal, Touch L next to R and clap
- 3,4 Step L back to L diagonal, Touch R next to L and clap
- &5&6 Hop back R, Touch L next to R, Hop back L, Touch R next to L
- &7&8 Hop back R, Touch L next to R, Hop back L, Touch R next to L
(easier option: 4 back touches with claps)

Section 4: Hop forward, Hop back, ¼ pivots x2

- &1&2 Hop forward R,L, Shake hips
- &3&4 Hop back R,L, Shake hips
(Easier option: V-step)
- 5,6 Step R forward, ¼ pivot L putting weight on L
- 7,8 Step R forward, ¼ pivot L putting weight on L
(No turn option: R Rocking chair or 1/2 pivots x 2)

Tag End of wall 2:

Double Hip bumps R&L

- 1,2 Step R to R side and Bump hip R x2
- 3,4 Recover weight on L and Bump hip L x2

Cathy MERIOT - Choréographe / Instructor

106 I chemin des Jardins

83920 LA MOTTE en PROVENCE

tél : 06.61.17.10.82 courriel : cathy.meriot83@sfr.fr

www.schooldancestyles.fr