

# Shake It

## Competition Step Sheet

### DIVISION 1 Allstars

Description: 64 Count, 1 Wall, Lilt (Jive), Non-Country  
Choreographer: Nicola Lafferty & Lee Easton  
Music: Shake It by Metro Station  
Count-in: 48 Counts from start of track (begin on main vocals)



#### **1-8 Step Kick, Step Double Kick, & Cross Unwind, Side Step**

- 1 Step Left foot to Left diagonal (facing 10.30)
- 2 Kick Right foot to Right diagonal
- 3 Step down on Right foot
- 4,5 Kick Left foot forward twice (still angling to L diagonal)
- &6 Step down on Left foot, cross Right foot over Left foot
- 7 Unwind just over  $\frac{3}{4}$  turn over Left shoulder to face 12 o'clock putting weight on Left foot
- 8 Step Right foot to Right side

#### **9-16 Sailor Steps, Hold, Ballchange**

- 1&2 Left sailor step
- 3&4 Right sailor step
- 5&6 Left sailor step
- 7 Hold
- &8 Step Right foot beside Left foot, step Left foot to Left diagonal (facing 10.30)

#### **17-24 Side Touch Hop Steps, Double Kick, Side Kicks**

- 1&2 Facing Left diagonal (10.30), touch R toe to R side, hop on Left foot as you hitch Right leg, step Right foot across Left foot
- 3&4 Facing Left diagonal (10.30), touch L toe to L side, hop on Right foot as you hitch Left leg, step Left foot across Right foot
- 5,6 Kick Right foot to Right side twice
- &7 Step Right foot beside Left foot, Kick Left foot to Left side
- &8 Step Left foot beside Right foot, Kick Right foot to Right side

#### **25-32 Step 1/8 Turn, Hold, Step $\frac{3}{4}$ Turn, Hold, Syncopated Turn, Side triple into Drag**

- 1,2 Making 1/8 turn Left to face 9 o'clock Step Right foot forward, hold
- 3,4 Unwind  $\frac{3}{4}$  turn to Left (to face 12.00) putting weight on Left foot, hold
- &5 Step Right foot to Right side, cross Left foot behind right foot
- 6 Unwind a full turn over left shoulder, putting weight to Left foot
- 7& Step Right foot to Right side, Step Left foot beside Right foot
- 8 Step Right foot a large step to Right side, drag Left foot towards Right foot

#### **33-40 Hold, Rock to Diagonal, Triple Back, 2 Walks Back**

- 1,2 Hold
- 3,4 Turning 1/8 Turn to Right diagonal (facing 1.30) Rock fwd onto Left foot, recover weight to Right foot
- 5&6 Facing Right diagonal (1.30) – Triple step back (L, R, L)
- 7,8 Walk back Right foot, Walk back Left foot

#### **41-48 Plie Walks travelling back, Ballchange**

- 1,2 Facing 1.30, step Right foot back bending both knees and angling body to right, recover
- 3,4 Facing 1.30, Step Left foot back bending both knees and angling body to left, recover
- 5,6 Repeat counts 1-2
- 7 Step Left to side making another of turn to Left (facing 12.00)
- &8 Step ball of Right foot behind Left foot, Step Left foot in place

**49-56 Kick Ballchanges travelling in a circle**

1-8 Making a full turn over left shoulder back to facing the 12 o'clock wall, execute 4 kick Ballchanges on the Right foot

**57-64 Syncopated Touches, Layout fwd, Hold, Ballchange**

1& Touch Right toe to Right side, Step Right foot beside Left foot

2& Touch Left toe to Left side, Step Left foot beside Right foot

3& Touch Right toe forward, Step Right foot beside Left foot

4& Touch Left toe forward, Step Left foot beside Right foot

5 Step Right foot a large step forward as you take body back

6,7 Hold as you bring your body upright

8& Step ball of Left foot beside Right foot, Step Right foot in place (angling to Left diagonal (10.30) ready to begin the dance again)