

Shake Your Groove Thing

Description: 64 ct. – 4 wall
Choreographer: Michele Burton
Practice Music: Goin' Back To Louisiana
Suggested Music: Shake Your Groove Thing
CD: The Best of Peaches and Herb - Use cut number ONE – fade at 3:54
Prepared by: Michele Burton
Web access: www.MichaelandMichele.com

Difficulty: High Beginner
Date: Sept. 2008
Artist: Delbert McClinton
Artist: Peaches & Herb
120 bpm
128 bpm 32 ct intro
e-mail: mburtonmb@sbcglobal.net

1 – 8 FORWARD ROCK BACK ROCK, KICK BALL CHANGE, KICK BALL CHANGE

1 – 4 Rock forward on ball of R foot; Return wt. to L foot; Rock back on ball of R foot; Return wt. to L foot
5 & 6 Kick R foot forward; Step ball of R foot beside left foot; Step L foot in place
7 & 8 Kick R foot forward; Step ball of R foot beside left foot; Step L foot in place

9 - 16 FORWARD ROCK BACK ROCK, KICK BALL CHANGE, KICK BALL CHANGE

1 – 4 Rock forward on ball of R foot; Return wt. to L foot; Rock back on ball of R foot; Return wt. to L foot
5 & 6 Kick R foot forward; Step ball of R foot beside left foot; Step L foot in place
7 & 8 Kick R foot forward; Step ball of R foot beside left foot; Step L foot in place

17 - 24 SHUFFLE AND ROCK RIGHT, SHUFFLE AND ROCK LEFT

1 & 2 Step R foot to R; Step L beside R; Step R foot to R
3 – 4 Rock back on L foot; Return wt. to R foot
5 & 6 Step L foot to L; Step R beside L; Step L foot to L
7 – 8 Rock back on R foot; Return wt. to L foot

25 - 32 SHUFFLE AND ROCK RIGHT, SHUFFLE AND ROCK LEFT

1 & 2 Step R foot to R; Step L beside R; Step R foot to R
3 – 4 Rock back on L foot; Return wt. to R foot
5 & 6 Step L foot to L; Step R beside L; Step L foot to L
7 – 8 Rock back on R foot; Return wt. to L foot

33 - 40 WALK WALK WALK KICK, BACK BACK BACK TOUCH

1 – 4 Step forward on R foot; Step forward on L foot; Step forward on R foot; Kick L foot forward
5 – 8 Step back on L foot; Step back on R foot; Step back on L foot; Touch R foot back

41 - 48 WALK WALK WALK KICK, BACK BACK BACK TOUCH

1 – 4 Step forward on R foot; Step forward on L foot; Step forward on R foot; Kick L foot forward
5 – 8 Step back on L foot; Step back on R foot; Step back on L foot; Touch R foot back (or beside L)

49 - 56 VINE RIGHT W/ ¼ TURN R, JAZZ BOX

1 – 4 Step R foot to R; Step L behind R; Turn ¼ R, stepping forward on R; Brush (sweep) L foot to R
5 – 8 Cross L over R; Step back on R; Step L to L; Cross R over L

57 - 64 VINE LEFT, JAZZ BOX

1 - 4 Step L foot to L; Step R behind L; Step L foot to L; Brush (sweep) R foot to L
5 – 8 Cross R over L; Step back on L; Step R to R; Step L forward

***Tag...When using the music, Shake Your Groove Thing, repeat the last 4 counts of the dance at the end of the first wall. It's the **only** place in the music there is an extra 4 counts! Don't ya just love it when the music is arranged like that? ☺

LET'S DANCE IT AGAIN & AGAIN