

## SHAKE IT UP

**Choreographers:** Alan Birchall & Jacqui Jax (Nuline Dance UK)

**Level:** Improver

**Dance:** 48 Count 4 Wall

**Tags/Restarts:** None

**Music:** Shake It Up - Ringo Starr (*Thanks to Rick Culley for suggesting this track*)

**CD:** Give Me Love

**Alternative:** Buddy Holly Rave On Medley – The Dean Brothers

**Start:** On Lyrics **Seconds:** 8 **Counts:** 16 **BPM:** 165



*Jacqui Jax*  
*Alan G. Birchall*

### RIGHT STRUT, LEFT STRUT, JAZZ BOX, HOLD

- 1-2 Touch Right Heel Forward, Slap Right Foot To Floor
- 3-4 Touch Left Heel Forward, Slap Left Foot To Floor
- 5-6 Cross Right Over Left, Step Back On Left
- 7-8 Step Right To Right, Hold

### TRAVELLING DWIGHTS, ROCK, RECOVER, CROSS, HOLD

- 9 Touch Left Toe To Right Instep Whilst Swivelling Right Heel Towards Left
- 10 Touch Left Heel To Right Instep Whilst Swivelling Right Toe Towards Left
- 11 Touch Left Toe To Right Instep Whilst Swivelling Right Heel Towards Left
- 12 Touch Left Heel To Right Instep Whilst Swivelling Right Toe Towards Left
- 13-14 Rock Left To Left, Recover On Right
- 15-16 Cross Left Over Right, Hold

### BACK LOCK STEP, HOLD, COASTER STEP, HOLD

- 17-18 Step Back On Right, Lock Left Over Right Left
- 19-20 Step Back On Right, Hold
- 21-22 Step Back On Left, Step Right By Left
- 23-24 Step Forward On Left, Hold

### STEP ½ PIVOT, STEP, HOLD x2

- 25-26 Step Forward On Right, ½ Pivot Left **06:00**
- 27-28 Step Forward On Right, Hold/Clap
- 29-30 Step Forward On Left, ½ Pivot Right **12:00**
- 31-32 Step Forward On Left, Hold/Clap

### WEAVE ¼ TURN, JAZZ JUMPS FORWARD & BACK WITH CLICKS

- 33-34 Cross Right Over Left, Step Left To Left
- 35-36 Cross Right Behind Left, Making ¼ Turn Left Step Left To Left **09:00**
- &37-38 Jump Slightly Forward Landing Right, Left, Hold Click Fingers (Shoulder High)
- &39-40 Jump Slightly Back Landing Right, Left, Hold Click Fingers (Shoulder High)

### TRAVELLING SWIVELS, ½ MONTEREY TURN

- 41-42 Swivel Both Heels Left, Swivel Both Toes Left (Moving To Left)
- 43-44 Swivel Both Heels Left, Swivel Both Toes Left (Moving To Left)
- 45-46 Point Right To Right, Make ½ Turn Right Step Right by Left **03:00**
- 47-48 Point Left To Left, Step Left By Right

### START AGAIN

