

Soul Shake

Count: 64

Wall: 4

Level: Intermediate

Choreographer: Fred Whitehouse (Ireland) August 2019

Music: Soul Shake by Tommy Castro

Intro – 60 Count from start of track, on Lyrics



LEFT FOOT LEAD

VINE - CHASÉ - ROCK BACK/REC 12:00

1-4 Step LF to L, step RF behind L, step LF to L, cross RF over L

5&6 Step LF to L, close RF next to L, step LF to L,

7,8 Rock RF behind L, recover on L

MONTEREY ¼ R X 2 (CLAPS)

1,2 Point RF to R, ¼ turn R closing RF next to L

3,4 Point LF to L, close LF next to R

5,6 Point RF to R, ¼ turn R closing RF next to L

7,8 Point LF to L, close LF next to R (Add Claps when you collect feet)

SIDE ROCK/REC -BEHIND - SIDE ROCK/REC - BEHIND - SIDE - CROSS

1-4 Rock RF to R, recover on to L, step RF behind L, rock LF to L

5-8 Recover on to R, step LF behind R, step RF to R, cross LF over R

STOMP - HEEL/TOE SWIVELS X 2

1-4 Stomp RF forward to R diagonal, swivel L heel in, swivel L toe in, swivel L heel in

5-8 Stomp LF forward to L diagonal, swivel R heel in, swivel R toe in, swivel R heel in

TRAVEL TWIST HEELS TOES HEELS/CLAP -REPEAT TO LEFT

1-4 Twist both heels to R, twist both toes to R, twist both heels to R, clap

5-8 Repeat to L side (body ends on slight diagonal 1.30)

TOE STRUT -TOE STRUT - WALK - WALK - STEP ¼ L

1-4 Touch R toe forward, step R heel down, touch L toe forward, step L heel down (keep body on angle to R diagonal)

5-8 Walk forward R, L, R, pivot ¼ turn R placing weight on L

STEP - POINT - STEP - SCUFF - JAZZ BOX

1-4 Step RF forward, point LF to L, step LF forward, scuff RF forward

5-8 Cross RF over L, step LF back, step RF to R, cross LF over R

TOE/HEEL - TOE/HEEL - STEP FW. - STEP TOG - BOUNCE/BOUNCE

1-4 Touch R toe to R, touch R heel to R, touch R toe to R, touch R heel to R

5-8 Step RF forward, close LF next to R, bounce heels x2

Smile, Let the music take control

E-mail: f_whitehouse@hotmail.com