



Script approved by *Kathy Hunyadi*

Shake Yourself Loose



Kathy Hunyadi

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 1 - 2 3 & 4 5 & 6 7 - 8	Walk, Walk, Kick Ball Cross, Back, Back, Cross, Back, Kick. Step right forward. Step left forward. Kick right forward. Step right back. Cross left over right. Step right back. Step left back (angling body slightly left). Cross right over left. Step left back. Kick right forward across left.	Walk Walk Kick Ball Cross Back & Cross Back Kick	Forward On the spot Back
Section 2 & 1 - 2 3 & 4 5 - 6 7 & 8	& Cross, Side, Syncopated Weave, Press, Syncopated Weave With 1/4 Turn. Step right to right side. Cross left over right. Step right to right side. Cross left behind right. Step right to right side. Cross left over right. Press ball of right to right side. Recover weight onto left. Cross right behind left. Step left 1/4 turn left. Step right forward.	& Cross Side Behind Side Cross Press Recover Behind Turn Step	Right On the spot Turning left
Section 3 1 & 2 3 & 4 Note:- 5 - 6 7 & 8	Mambo Steps x2, Cross, 1/4 Turn, Coaster Step. Rock left forward. Recover onto right. Step left beside right pushing hips back. Rock right forward. Recover onto left. Step right beside left pushing hips back. Counts 1 - 4 are Mambo Rocks with attitude! Cross left over right. Turn 1/4 left stepping right back. Step left back. Step right beside left. Step left forward.	Mambo Step Mambo Step Cross Turn Coaster Step	On the spot Turning left On the spot
Section 4 1 & 2 3 - 4 & 5 6 - 7 - 8	Cross, 1/4 Turn, Side, Walks x2, Jazz Jump, Hip Shake. Cross right over left. Turn 1/4 right stepping left back. Step right to right side. Step left small step forward. Step right small step forward. Jazz jump to left side stepping left, right (feet slightly apart). Bump left hip to left side 3 times keeping right knee bent and weight on left.	Cross Turn Side Walk Walk & Jump Shake 2, 3	Turning right Forward Left On the spot
Section 5	Repeat Section 4 - Counts 1 - 8 as above.		
Section 6 1 2 3 4 5 & 6 7 & 8	Step Right, Touch, Step Left, Touch, Weave Left, Step 1/2 Pivot, Step. Step right to right side bringing both arms up and out to side at shoulder height. Touch left behind right crossing both arms down in front of body at waist level. Step left to left side bringing both arms up and out to side at shoulder height. Touch right behind left crossing both arms down in front of body at waist level. Step right to right side. Cross left behind right. Step right 1/4 turn right. Step left forward. Pivot 1/2 turn right. Step left forward.	Step Touch Step Touch Side Behind Turn Step Pivot Step	Right On the spot Left On the spot Turning right
Section 7 & 1 - 2 3 & 4 & 5 - 6 7 & 8	Jazz Jump Forward, Clap, Bump Hips, Jazz Jump Back, Clap, Bump Hips. Small Jazz Jump forward stepping right, left. Clap hands. Bump left hip to left side. Bump right hip to right side. Bump left hip to left side. Small Jazz Jump back stepping right, left. Clap hands. Bump left hip to left side. Bump right hip to right side. Bump left hip to left side.	Jump Forward Clap Bump & Bump Jump Back Clap Bump & Bump	Forward On the spot Back On the spot
Section 8 1 - 2 3 & 4 5 - 6 7 & 8	Rock Step, Coaster Step, Step 1/2 Pivot, Triple Full Turn Travelling Forward. Rock right forward. Recover onto left. Step right back. Step left beside right. Step right forward. Step left forward. Pivot 1/2 turn right. Turn 1/2 right stepping left back. Turn 1/2 right stepping right forward. Step left forward.	Rock Step Coaster Step Step Pivot Triple Turn	On the spot Turning right

INTERMEDIATE

4 Wall Line Dance:- 64 Counts. Intermediate.

Choreographed by:- Kathy Hunyadi (USA) January 2005.

Choreographed to:- 'Shake Yourself Loose' (110bpm) by Vickie Winans from 'Bringing It All Together' CD, start on vocals.

Music Suggestion:- 'The Same Love That Made Me Laugh' by Queen Latifah from 'Dana Owens' CD.