

'Shake Ya Body'

Choreographed by: *Dee Musk* (Sept 2005) me@deemusk.com

32 Count 4 Wall Intermediate Dance with easy 8 count tag on walls 1,3&5.

"Are You Ready" by Shakaya available on Cd Single

32 count Intro – Start just after the main vocals on the word 'Club'.

R TOUCH BALL HEEL, TOGETHER, R LOCK STEP FORWARD, L & R TOE SWITCHES, TOGETHER, HEEL, TOE, L HIP PUSH FORWARD.

1&2 Touch R beside left, step R slightly back, touch L heel forward.

&3&4 Step L beside R, step forward on R, cross left behind R, step forward on R.

5&6 Point L toe to L side, step L beside R, point R toe to R side.

&7&8 Step R beside L, touch L heel forward, L toe tap forward, step forward on L and push L hip forward. **(12)**

½ TURN R, ¼ TURN R WITH L HITCH, L CROSS ¼ TURN L ¼ TURN L, R & L TOE TOUCHES, TOGETHER, R CROSS BACK BACK.

1,2 Moving back, make a ½ turn R stepping weight forward on R. On ball of R make a ¼ turn R and hitch L knee in beside R.

3&4 Cross L over R, make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side.

5&6& Touch R toe beside L, step down on R, touch L toe beside R, step down on L.

7&8 Cross R over L, step slightly back on L, step slightly back on R. (weight on R). **(3)**

WALK L, WALK R, L FORWARD MAMBO, ½ TURN R, ½ TURN RIGHT, HIPS R, L, R.

1,2 Walk forward L, walk forward R.

3&4 Rock forward on L, recover weight to R, step back on left.

5,6 Moving back, make a ½ turn R stepping forward on R, make a ½ turn R stepping back on L.

7&8 Step R foot back as you bump hips R, L R. (weight back on R). **(3)**

TOGETHER, WALK R, WALK L, OUT OUT IN CROSS, R POINT ½ MONTEREY TURN R, SHOULDER POPS R, L, R WITH HIPS L,R,L.

&1,2 Step L beside R, walk forward R, walk forward L.

&3&4 Step R out to R side, step L out to L side, step R in, cross L over R.

5,6 Point R toe to R side, make a ½ turn R stepping R beside L.

7&8 Lift R shoulder and bump L hip, lift L shoulder and bump R hip, lift R shoulder and bump L hip. ****8 count tag.** **(9)**

Tag danced at end of Walls, 1, 3, and 5.

½ Pivot Turn L with R Shuffle, ½ pivot Turn R with L Shuffle.

1,2 Step forward on R, make a ½ turn L. (weight now forward on L).

3&4 Shuffle forward R, L, R.

5,6 Step forward on L, make a ½ turn R (weight now forward on R).

7&8 Shuffle forward L, R, L.

Optional Ending to face the front wall:- You will start wall 7 facing (6 o'clock).

Dance to Section 4, count 5 (Point R toe to R Side), then on count 6, instead of ½ Monterey turn R, replace with, ¼ Monterey turn R to face the front and finish the dance with the shoulder and hip pops, counts 7&8.

Have fun and enjoy!!