

SHAKEN NOT STIRRED

Choreographed by Paul McAdam

Description: 48 count, 4 wall, WCS

Level: Intermediate

Music: 'Don't Get Me Shook Up' by Duke Robillard (108BPM)

Official UCWDC competition dance description

Date of usage 3 June 2010

1-8: 2 WALKS BACK, COASTER CROSS ¼ TURN, HIP BALL CROSS TWICE

- 1-2 Step left back, step right back
- 3&4 Step left back, step right together, turn ¼ left and cross left over right
- 5&6 Bump hips a small bump left, step right to side cross left over right
- 7&8 Repeat 5&6

9-16: ¼ TURN SIDE, CROSS SHUFFLE, SWITCH TWICE, JUMP FORWARD & BACK

- 1-2 Step right to side, turn ¼ left and step left to side
- 3&4 Crossing chassé right, left, right
- 5&6 Touch left to side, step left together, touch right to side
- &7 Step right forward, step left together
- &8 Step right back, step left together

17-24: WALKS TWICE, SHUFFLE, STEP ½ TURN SHUFFLE

- 1-2 Step right forward, step left forward
- 3&4 Chassé forward right, left, right
- 5-6 Step left forward, turn ½ right (weight to right)
- 7&8 Chassé forward left, right, left

25-32: HIP BUMP TOUCHES TWICE HIP BUMP TURNS TWICE

- 1&2 Touch right to side diagonal and bump right hip, bump hip back over left, step right on right diagonal
- 3&4 Touch left to side diagonal and bump left hip, bump hip back over right, step left on left diagonal
- 5&6 Turn ¼ left and touch right toe to right side bumping right hip, bump hip back over left, turn ¼ right and step right back
- 7&8 Turn ¼ right and touch left toe to left side bumping left hip, bump hip back over right, turn ¼ right and step left forward

33-40: ROCK RECOVER ½ TURN SHUFFLES TWICE

- 1-2 Rock right forward, recover to left
- 3&4 ½ turn shuffle over right shoulder
- 5-6 Rock left forward, recover to right
- 7&8 ½ turn shuffle over left shoulder

41-48: HEEL JACKS TWICE ¼ TURN HEEL JACKS TWICE WITH TOUCH

- &1&2 Step right to side, touch left heel diagonally forward, step left down, cross right over left
- &3&4 Step left to side, touch right heel diagonally forward, step right down, cross left over right
- &5&6 Turn ¼ left and step right back, touch left heel diagonally forward, step down on left, cross right over left
- &7&8 Step left to side, touch right heel diagonally forward, step right down, touch left toe next to right