



COUNTRY CLUB DANCERS



Soul Shake

Dance taught by Shirley Perkins for the Country Club Dancers 08-10-2020

Choreographed by: Fred Whitehouse (Ireland), August 2019, f.whitehouse@hotmail.com

Description: 64 count 4 wall intermediate line dance

Music: **Soul Shake** by Tommy Castro and The Painkillers, 156 bpm,
Album: **Stompin' Ground**, September 2017

Intro: 80 counts, start on lyrics

1–8 Grapevine L, Chasse L, Rock back, Recover

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

9–16 Monterey turns x2

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*)

17–24 Rock recover, Behind, Rock recover, 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

25–32 Stomp, Heel Toe Walk in x2

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

33–40 Twist R, Clap, Twist L, Clap

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 7:30*)

41–48 Toe Strut x2, Walk x2, Step forward, Pivot ¼ turn 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 L placing weight on L

49–56 Step point, Step scuff, Jazzbox

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

(over)

57–64 Toe heel x2, Step, Close, Heel bounces x2

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 😊