

EAST COAST SHAKIN'

Choreographed for Rivertowne Ballrooms 4th Anniversary Party

Choreographer: Beth Carole Beach

32 count, 4 wall, CCW. beginner line dance

Music: Shakin' The Shack by The Fantastic Shakers 137 bpm / CD: Shakin' The Shack

Baby Come On by Chris Anderson 121 bpm / CD: Last Night

Try your favorite East Coast Swing songs.

TOE, STRUT, TOE, STRUT, ROCK FORWARD, RECOVER, ROCK BACK, RECOVER

1-2 Forward right toe, heel (optional-shoulder shimmy for 2 counts)

3-4 Forward left toe, heel (optional-shoulder shimmy for 2 counts)

5-6 Right rock forward, recover back onto left

7-8 Right rock back, recover forward onto left

TOE, STRUT, TOE, STRUT, ROCK FORWARD, RECOVER, ROCK BACK, RECOVER

1-2 Forward right toe, heel (optional-shoulder shimmy for 2 counts)

3-4 Forward left toe, heel (optional-shoulder shimmy for 2 counts)

5-6 Right rock forward, recover back onto left

7-8 Right rock back, recover forward onto left

R SIDE, BEHIND, SIDE, HITCH & TURN ¼ LEFT, L SIDE, BEHIND, SIDE, TOUCH

1-2 Step right to right side, cross left behind right

3 Step right to right side

4 Hitch left knee as you turn ¼ left (pivot on right)

5-6 Step left to left side, cross right behind left

7-8 Step left to left side, touch right beside left

R CHASSE, ROCK BACK, RECOVER, L CHASSE, ROCK BACK, RECOVER

1&2 Step right to right side, step left together, step right to right side

3-4 Rock left backward, recover forward onto right

5&6 Step left to left side, step right together, step left to left side

7-8 Right rock back, recover forward onto left

(LineDanceSport East Coast Swing 1A. Side Basic)