

SHAKE YOUR GROOVE THING

Record by: Peaches and Herb , from the 'CELEBRATION' CD, various artists, Time-Life Music

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Level: Advanced , LEFT FOOT LEAD , WAIT 16

INTRO:

(16) 4 Step Vines in a box

L	St(s)	St(s)		
R	St(xb)	Tch		
	1 2	3 4		

Part A

(8) - 1 Rhythm Synco

L	St	St	Rk	St	St	St	Rk	St
R	Rk	St	St	Rk	Rk	St	St	St
	1 +	2 +	3 +	4 +	5 +	6 +	7 +	8

(4) 2 2 Hey Yous

L	Dbl	Bo(xb)	Bo(xb)	Sl
R	Bo(xf)	Bo(xf)	lift	
	+a 1	+	2	

(4) - 1 Shake It

L	Dbl	Tw	Tw	Tw	Tw	Tw	Tw	lift
R	Tw	Tw	Tw	Tw	Tw	Tw	Tw	Sl

BRIDGE 1

(4) 4 Crazy Legs

DS(xb)

PART B

(8) - 1 Slip Slider Drag

L	Dbl	B	Dbl	lift	Dbl	B	Dbl	lift	Dbl	B	Dbl	lift	DrSl	DrSl
R	Dbl	B	Sl	Dbl	B	Sl	Dbl	B	Sl	Dbl	B	Sl	DrSl	DrSl
	+a	1+	a	2	+a	3+	a	4	+a	5+	a	6	+	7 + 8

(8) - 2 1 Black Cat Kicker

L	Dr(tog)	Sl(ots)	Dr(tog)	Sl	Dr(tog)	Sl(s)	Dr(tog)	lift(@)	Hw	Rk
R	Dr(tog)	Sl(ots)	Dr(tog)	lift(@)	Dr(tog)	Sl(s)	Dr(tog)	Sl	St	
	+	1	+	2	+	3	+	4	+	5 +

L	K(ots)	Tch	St
R	St	K(ots)	Tch Sl
	6	+	7 + 8

PART C

(4) - 1 Mountain Goat

L	DS	St(xb)	St(ots)
R	Rk(xf)	Rk(ots)	Toe(xb) Sl
	+1 +	2	+ 3 + 4

(4)	2	2 Rock Toe Slide	<u>L Rk Toe(xb) Sl</u> R St + 1 + 2
(6)		1 Macnamara Pivot	<u>L Rk St(xb) HTch Tch(xf) Pivot 1/2 L</u> R HTch Rk Rk Rk Pivot 1/2 L + 1 + 2 + 3 + 4 +5 +6
(2)	-	2 Shuffles	<u>L Dr Sl</u> R Dr Sl + 1

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REPEAT A (Rhythm Synco, 2 Hey Yous, Shake It.....)

PART D

(4)	-	2 Fake Canadians	<u>L Dbl B Hop</u> R Dbl Tch +a 1a + 2
(4)	2	1 Back Shuffle	<u>L DS Hop Dbl St(xb) Hop</u> R Dbl St(xb) Hop Dbl St(xb) +1 e+ a 2 e+ a 3 e+ a 4
(8)	-	1 Cross Skuffer Variation	<u>L DS Hop Hop St Hop Hop</u> R Sk(xf) Sk(x) Rk(xb) Sk(xf) Sk(x) +1 e + a 2 + 3 e + a 4
			<u>L St Hop Dbl Tch</u> R Rk(xb) Dbl Tch St Hop Sl + 5 e+ a 6 e +a 7 + 8

REPEAT B (Slip Slider Drag, Black Cat Kicker...)

REPEAT C (Mt Goat, 2 Rock Toe Slides, Macnamara Pivot, Shuffles.....)

REPEAT A (Rhythm Synco, 2 Hey Yous, Shake It....)

BRIDGE 2

(4)	-	1 Forward & Back	DS - Br Sl - DS - RS
	2		
(4)	-	1 Turning Push Off	DS - RS -RS - RS ; 1/2 L

(16) 4 Step Vines in a box

REPEAT D (2 Fake Canadians, Back Shuffle, Cross Skuffer Variation.....)

REPEAT C (Mt. Goat, 2 Rock Toe Slides, Macnamara Pivot, 2 Shuffles.....)

REPEAT A (Rhythm Synco, 2 Hey Yous, Shake It.....)

REPEAT BRIDGE 2 (Forward & Back, Turning Push Off, Forward & Back, Turning Push Off, Step Vine in a box)