

Soul Shake



Offizielle Tanzbeschreibung des
*** Bundesverband für Country Westertanz Deutschland e.V. ***
Deutsche Meisterschaft 2022

Description: 64 Count, 4 Wall, Clockwise
Level: **Modern Basic - Dance C**
Music: Soul Shake - Tommy Castro (BPM 155)
Choreographer: Fred Whitehouse

WEAVE, CHASSE, ROCK STEP

1,2 LF Step L, RF Cross behind
3,4 LF Step L, RF Cross over
5&6 LF Step L, RF Step together, LF Step L
7,8 RF Step backwards, LF Recover weight

¼ MONTEREY TURN R 2X

1,2 RF Touch R, RF ¼ Turn R and step together (3:00)
3,4 LF Touch L, LF Step together
5,6 RF Touch R, RF ¼ Turn R and step together (6:00)
7,8 LF Touch L, LF Step together

SIDE ROCK, CROSS, X2, SIDE, CROSS

1,2 RF Step R, LF Recover weight
3,4 RF Cross behind, LF Step L
5,6 RF Recover weight, LF Cross behind
7,8 RF Step R, LF Cross over

STOMP, SWIVEL HEEL TOE HEEL, X2

1,2 RF Stomp diagonally R forward, LF Swivel heel in
3,4 LF Swivel toe in, LF Swivel heel in
5,6 LF Stomp diagonally L forward, RF Swivel heel in
7,8 RF Swivel toe in, RF Swivel heel in

TWIST, CLAP, X2

1,2,3,4 BF Swivel heels R, BF Swivel toes R, BF Swivel heels R, both hands Clap together
5,6,7,8 BF Swivel heels L, BF Swivel toes L, BF Swivel heels L, both hands Clap together

TOE STRUT 2X, FORWARD 2X, ¼ STEP TURN L

1,2 RF ¼ Turn R and cross over on toe (9:00), RF Drop heel
3,4 LF ¼ Turn L and step forward on toe (6:00), LF Drop heel
5,6 RF Step forward, LF Step forward
7,8 RF Step forward, ¼ Turn L and LF weighted (3:00)

FORWARD, TOUCH, FORWARD, SCUFF, JAZZBOX

1,2 RF Step forward, LF Touch L
3,4 LF Step forward, RF Scuff
5,6 RF Cross over, LF Step backwards
7,8 RF Step R, LF Cross over

TOE HEEL with SWIVEL 2X, FORWARD, TOGETHER, HEEL BOUNCE 2X

1 RF Touch toe diagonally R forward and LF Swivel heel R
2 RF Touch heel diagonally R forward and LF Recover heel
3 RF Touch toe diagonally R forward and LF Swivel heel R
4 RF Touch heel diagonally R forward and LF Recover heel
5,6 RF Step forward, LF Step together
7,8 BF Bounce heels, BF Bounce heels