SHAKE ME WALTZ

Choreographers: Milo & Cinda Molitoris 8832 Moorcroft Ave., West Hills, CA 91304, 818-992-1714
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Record: "Shake Me I Rattle", by Marion Worth, Rare Country Hits CD, Track 16 or Itunes.com

Footwork: Opposite, directions for man (woman in parentheses) Released: August 2015 Time: 3:13

Phase & Rhythm: Roundalab Phase 3+2 (Drag Hesitation, Hesitation Chg) Waltz

Timing 123 except as noted

Sequence: Intro, A, B, A, B, A, A, B, A, A, End

Difficulty: Average

INTRODUCTION

Measure

1  CP FCG LOD WAIT 1;
1  CP Fcg LOD lead ft free wait drum roll and one full measure;

PART A

1-4  FWD WALTZ; MAN; SPIN TURN; BOX FINISH;
1-2  [Fwd Waltz] CP LOD fwd L, sd fwdr, cls R; [Man] Fwd R btwn pttrn's feet tng RF, sd L twd Wall, cls R;
3  [Spin Turn] Bk L tng RF, sd fwdr btwn pttrn's feet spinnin' to fce DLW, bk L;
4  [Box Finish] Bk R, sd L tng DLC, cls R CP;

5-8  2 LEFT TURNS--; HOVER; PU LOD;
5-6  [Two Left Turns] Fwd L tm LF, cont tm sd R twd COH, fce CP RLOD cls L; cont tng LF bk R tng LF, sd L twd LOD, cls R CP WALL;
7  [Hover] Fwd L blnd CP, sd fwdr, rec fwdr L to SCP DLC;
8  [PU LOD] Thru R tng LF, sd L bring W to CP, cls R fce LOD;

PART B

1-4  DRAG HESITATION; BK, BK/LK/BK; OP IMPETUS; THRU HOVER BJO;
1  12-  [Drag Hesitation] Fwd L tng LF, sd R twd DLC, draw L end BJO DRC;
2  12&3  [Bk, Bk/Lk/Bk] Bk L twd DLW, bk R/lk L, bk R;
3  [Op Impetus] Bk L tng RF, cls R heel tng RF (W toe turn), fwd L SCP DLC;
4  [Thru Hover BJO] Fwd R, fwd L tng W LF, bk R to BJO fce DRC (W thru L, fwd R tng LF to BJO, rec fwd L);

5-8  BK HOVER SCP; PU DLC; TURN LEFT - CHASSE BJO; HEST CHG LOD;
5  [Bk Hover SCP] BJO fce DLC bk L twd DRW, bk R arising tng W RF, fwd L to SCP DLC;
6  [PU DLC] Thru R, sd L twd COH tng LF, cls R to CP DLC;
7  12&3  [Turn Left-Chasse BJO] Fwd L tng LF to fce COH, sd R twd LOD/cls L, sd R tng to BJO fce DRC;
8  12-  [Hest Chg] Back L tng RF, cont tng sd R twd DLW, trn L to CP DLC;

9-12  ONE LEFT TURN; BK WALTZ; 2 RT TURNS CP WALL--;
9  [One Left Turn] Fwd L tng LF, cont tng sd R twd COH, cls L to CP RLOD;
10  [Bk Waltz] CP fce RLOD Bk R, sd bk L, cls R;
11-12  [2 Rt Turns] Bk L tng RF, cont tng sd R, cls L to CP DLC; fwd R btwn pttrn's feet tng RF, sd L twd LOD, cls R to CP Wall;

13-16  WHISK; THRU FCE CLS CP WALL; FWD HOVER; BX FINISH LOD;
13-14  [Whisk] Fwd L, fwd sd R btwn pttrn's ft, XLIB to SCP; [Thru Fc Cls] Fwd R, sd L twd LOD, cls R to CP;
15-16  [Fwd Hvr CP] Fwd L, fwd R rise, bk L CP Wall; [Box Fnsh] Bk R, sd L tng LF, cls R to CP LOD;

END

1-2  ONE LEFT TURN; BK FCE WALL TO SD CORTE;
1  [One Left Turn] Fwd L tng LF, cont tng sd R twd COH, fce CP RLOD cls L;
2  12-  [Bk Fce Wall to Sd Corte] Bk R tng LF, blnd CP sd L twd LOD with soft knee leave trailing ft extended twd RLOD both look RLOD, hold;