

SWAMP SHAKE

Choreographed by Anita McNab

Description: 32 Count, 4 Wall, High Level Beginner/Intermediate Line Dance

Music: Raised on Swamp Pop Music by Willie Tee **Count in 16 to start**

Music: The Way She Shake That Thing – Earl Thomas 123 bpm

(Swingin' The Blues cd Vol V) **Count in 32 to start**



Counts Step Descriptions

SIDE ROCK, RECOVER, BEHIND AND CROSS

1-2 Rock RT to side, recover weight onto LT

3&4 Step RT behind LT, step LT to side, cross RT over LT

POINT LT FWD, POINT LT SIDE, SAILOR ¼ TURN TO LT

5-6 Point LT fwd, point LT out to LT side

7&8 Cross LT behind RT ¼ turn to LT, step on RT, step on LT

ROCK, RECOVER, TRIPLE ¾ TURN TO RT, BUMP HIPS LT, THEN RT

9-10 Rock fwd RT, recover on LT

11&12 Triple ¾ turn, (shuffle RT, LT, RT ¾ turn turning RT)

13&14 Bump hips LT, RT, LT

15&16 Bump hips RT, LT, RT

STEP SIDE LT, SLIDE RT BESIDE LT, SHUFFLE 1/4 TURN TO LT

17-18 Step side LT, slide RT beside LT

19&20 Shuffle 1/4 turn to LT, (LT, RT, LT)

FULL TURN TO LT STEPPING RT, LT, SHUFFLE FWD (RT, LT, RT)

21-22 Step RT 1/4 turn to LT, Step LT 3/4 turn to LT (weight on LT)

23&24 Shuffle fwd RT, LT, RT

LT ROCK STEP FWD, LT COASTER STEP BACK

25-26 Rock LT fwd, recover on RT

27&28 back LT, RT together, Fwd LT (coaster step)

RT HIP BUMP WHILE MOVING FWD, LT HIP BUMP

29&30 Bump hips RT, LT, RT

31&32 Bump hips LT, RT, LT

REPEAT

Anita McNab