

# Shake Loose

Yvonne Zielonka-Hlousek

Type: 32 Count, 4 Wall Line dance  
Level: Novice  
Music: "Shake yourself Loose" by Vickie Winans



## CHARLSTON STEP, KICK BALL CHANGE, RIGHT ¼ TURN SLIDE, DRAG

- 1 Step left forward
- 2 Touch right toe forward
- 3 Step right back
- 4 Touch left toe back
- 5 Kick left forward
- & Step ball of left beside right
- 6 Step right in place
- 7 ¼ turn right while taking a big Slide to left with left foot
- 8 Drag right towards left (weight on left)

## JAZZ BOX, ¼ TURN TRIANGLE,

- 9 Cross step right over left
- 10 Step left back
- 11 Step right to right side
- 12 Step left forward
- 13 Cross step right over left
- 14 Step back left while making a ¼ turn right
- 15 Step right to right side
- 16 Step left next to right

## SWITCHES, PIGEON TOED MOVEMENT SAILOR STEP, ¼ TURNING SAILOR STEP

- 17 Touch right to right side
- & Step right next to left
- 18 Touch left to left side
- & Step left slightly towards right
- 19 Turn right toe to right and left heel to right
- & Turn right heel to right and left toe to right
- 20 Turn right toe to right and left heel to right
- 21 Step left cross behind right
- & Step right to right side
- 22 Step left in place
- 23 make a ¼ turn right step right behind left
- & Step left to left side
- 24 Step right in place

## SAILOR SHUFFLE, 2 X FLICK KNEE POPS

- 25 Cross step left over right
- & Step diagonally back right
- 26 Touch left heel diagonally left forward
- & Step left into center
- 27 Cross step right over left
- & Step diagonally back left
- 28 Touch right heel diagonally forward right
- 29 Flick right foot back
- & Step right slightly forward
- 30 Flick left foot back
- & Step left next to right
- 31 Lift both heels & bend knees
- & Drop heels down
- 32 Lift both heels & bend knees
- & Drop heels down