

# Shake 'n Bake

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**Choreographed by:** James "JP" Potter (Port Hueneme, Ca) & Nicola Terhune (Redondo Beach, Ca)  
1.805.483.3783                      djpp81@aol.com

<http://www.jp-potter.com>

**Description:** 32 Count, 4 Wall Intermediate Line Dance

**Music:** "Dance & Shout" by Shaggy (???? Album)

"All For You" by Janet Jackson

## **Kick Back, Forward, Back; Step Forward; ¼ Turn Touch; Body Roll; Hip Bump**

- 1 - 3                      Kick Right back; Kick Right forward; Kick Right Back (these are "funky" kicks...don't fully straighten the leg and don't point your toe, keep it flexed.)  
4 - 5                      Step forward Right; Turn a ¼ turn Right touching Left to Left side.  
6 - 7                      Body Roll to left, starting with the shoulders ending with weight on the Left.  
8                          Sway hips to the Right.

## **Hip Bump; ¼ Turn Sailor Step; ½ Turn; Look Forward; Forward Right, Left; Touch Right**

- 1                          Sway hips to the Left.  
2 & 3                      Step Right slightly behind Left; & Step Left to Left side; Step Right to Right side turning ¼ turn Right.  
4 - 5                      Step forward Left turning ½ turn Right (head stays looking towards back wall); Whip head to front wall.  
6 - 8                      Step forward Right; Step Forward Left; Touch Right to Right side (???).

## **½ Turn Paddles w/Right (x3); Clap Clap; ½ Turn Paddles w/Left (x3); Clap Clap**

- & 1                      & Bring Right knee up turning ½ turn Left; Touch Right toe to Right side.  
& 2 & 3                      Repeat (&1) twice ending with weight on the Right for count 3.  
& 4                          & Clap; Clap.  
& 5                          & Bring Left knee up turning ½ turn Right; Touch Left toe to Left side.  
& 6 & 7                      Repeat (&5) twice ending with weight on the Left for count 7.  
& 8                          & Clap; Clap.

## **Swivel ¼; Swivel ½; ½ Turn Shuffle; & Step Together; Knee Knocks**

- 1 - 2                      Step Right to Right side turning ¼ turn Right; Step Left back turning ½ turn Right.  
3 & 4                      Step back turning ½ turn Right; & Step Left next to Right; Step Right forward.  
& 5                          & Step Left forward; Step Right next to Left (shoulder width apart).  
6 - 8                      Knock knees together switching weight to Right; Knock knees together centering weight; Knock knees together switching weight to Left.

## **Begin Again and Have Fun!!**

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