



## ***Shake Ya Body'***

~ 32 Count 4 Wall Intermediate Dance with easy 8 count tag

Choreographed by Dee Musk (Sept 2005)

Choreographed to "Are You Ready" by Shakaya available on Cd Single

32 count Intro – Start just after the main vocals on the word 'Club'.

### **R TOUCH BALL HEEL, TOGETHER, R LOCK STEP FORWARD, L & R TOE SWITCHES, TOGETHER, HEEL, TOE, L HIP PUSH FORWARD.**

- 1&2            *Touch R beside left, step R slightly back, touch L heel forward.*  
&3&4           *Step L beside R, step forward on R, cross left behind R, step forward on R.*  
5&6            *Point L toe to L side, step L beside R, point R toe to R side.*  
&7&8           *Step R beside L, touch L heel forward, L toe tap forward, step forward on L and push L hip forward. (12:00)*

### **½ TURN R, ¼ TURN R WITH L HITCH, L CROSS ¼ TURN L ¼ TURN L, R & L TOE TOUCHES, TOGETHER, R CROSS BACK BACK.**

- 12            *Moving back, make a ½ turn R stepping weight forward on R. On ball of R make a ¼ turn R and hitch L knee in beside R.*  
3&4           *Cross L over R, make a ¼ turn L stepping back on R, make a ¼ turn L stepping L to L side.*  
5&6&           *Touch R toe beside L, step down on R, touch L toe beside R, step down on L.*  
7&8           *Cross R over L, step slightly back on L, step slightly back on R. (weight on R). (3:00)*

### **WALK L, WALK R, L FORWARD MAMBO, ½ TURN R, ½ TURN RIGHT, HIPS R, L, R.**

- 12            *Walk forward L, walk forward R.*  
3&4           *Rock forward on L, recover weight to R, step back on left.*  
56            *Moving back, make a ½ turn R stepping forward on R, make a ½ turn R stepping back on L.*  
7&8           *Step R foot back as you bump hips R, L R. (weight back on R). (3:00)*

### **TOGETHER, WALK R, WALK L, OUT OUT IN CROSS, R POINT ½ MONTEREY TURN R, SHOULDER POPS R, L, R WITH HIPS L,R,L.**

- &12           *Step L beside R, walk forward R, walk forward L.*  
&3&4           *Step R out to R side, step L out to L side, step R in, cross L over R.*  
56            *Point R toe to R side, make a ½ turn R stepping R beside L.*  
7&8           *Lift R shoulder and bump L hip, lift L shoulder and bump R hip, lift R shoulder and bump L hip. (9:00)*



BroncoBeat

**TAG - Danced at end of Walls 1, 3, and 5.**

**$\frac{1}{2}$  Pivot Turn L with R Shuffle,  $\frac{1}{2}$  pivot Turn R with L Shuffle.**

- 12            *Step forward on R, make a  $\frac{1}{2}$  turn L. (weight now forward on L).*
- 3&4         *Shuffle forward R, L, R.*
- 56           *Step forward on L, make a  $\frac{1}{2}$  turn R (weight now forward on R).*
- 7&8         *Shuffle forward L, R, L.*

**Optional Ending to face the front wall:-**

You will start wall 7 facing (6:00). Dance to Section 4, count 5 (Point R toe to R Side), then on count 6, instead of  $\frac{1}{2}$  Monterey turn R, replace with,  $\frac{1}{4}$  Monterey turn R to face the front and finish the dance with the shoulder and hip pops, counts 7&8. Have fun and enjoy!!