



# Soul Shaker

Count: 64

Wall: 2

Level: Phrased High Intermediate

Choreographer: Gary O'Reilly (IRE) - November 2024

Music: Soul Shaker Nu-Disco Remix (feat. Ernie Lake) - Sarah Lake : (iTunes, Amazon & Spotify)

## #16 count intro

Sequence A, A, B, B, Tag (Short), A, A, B, B, Tag (Long), A, B, B, Tag (Long)

### Part A: 32c

#### Section 1: CROSS, SIDE, BEHIND, SWEEP, BEHIND, 1/4, FORWARD, SPIRAL FULL TURN

1 2 Cross R over L (1), step L to L side (2)  
3 4 Cross R behind L (3), sweep L around from front to back (4)  
5 6 Cross L behind R (5), 1/4 R stepping forward on R (6) (3:00)  
7 8 Step forward on L (7), spiral full turn R on ball of L hooking R across L (8) (3:00)

#### Section 2: 1/4 WALK AROUND, SWEEP, CROSS, 1/4, 3/8, DRAG

1 2 1/8 R walk forward on R (1), step L next to R (2)  
3 4 1/8 R walk forward on R (3), sweep L around from front to back (4) (6:00)  
5 6 Cross L over R (5), 1/4 L stepping back on R (6) (3:00)  
7 8 3/8 L stepping forward on L (7), drag R to meet L (8) (10:30)

#### Section 3: FORWARD, SIDE, BACK, DRAG, BEHIND, SIDE, FORWARD, HITCH

1 2 Step forward on R (1), 1/8 R stepping L to L side (2) (12:00)  
3 4 1/8 R stepping long step back on R as you begin to drag L to meet R (3), continue dragging L to finish next to R (4) (1:30)  
5 6 Cross L behind R (5), 1/8 R stepping R to R side (6) (3:00)  
7 8 Step forward on L (7), hitch R knee up (8)

#### Section 4: CROSS, 1/4, 1/2, HOLD, STEP, PIVOT 1/2, STEP, HOLD

1 2 Cross R over L (1), 1/4 R stepping back on L (2) (6:00)  
3 4 Sharp 1/2 turn R stepping forward on R (3), HOLD (4) (12:00)  
5 6 Step forward on L (5), pivot 1/2 R (6) (6:00)  
7 8 Step forward on L (7), HOLD (8)

(add two claps over R shoulder at the end of the 2nd, 4th & 5th A on a count "&8" as you're finishing section 4)

### Part B: 32c

#### Section 1: POINT, FLICK, CROSSING SAMBA, CROSS, 1/4, SHUFFLE BACK

1 2 Point R out to R side (1), flick R up and out to R side (2)  
3 & 4 Cross R over L (3), rock L to L side (&), recover on R (4)  
5 6 Cross L over R (5), 1/4 L stepping back on R (6) (9:00)  
7 & 8 Step back on L (7), step R next to L (&), step back on L (8)

#### Section 2: FAN, FAN, COASTER STEP, WALK, 1/2, SHUFFLE 1/2 L

1 2 Small step back on R fanning L toe up & out to R (1), small step back on L fanning R toe up & out to L (2)

**\*dance counts 1-2 almost on the spot rather than travelling back**

3 & 4 Step back on R (3), step L next to R (&), step forward on R (4)  
5 6 Walk forward on L (5), 1/2 L stepping back on R (6)  
7 & 8 1/4 L stepping L to L side (7), step R next L (&), 1/4 L stepping forward on L (8)

#### Section 3: 1/4, TOUCH, SIDE, TOUCH, WALK BACK R, WALK BACK L, COASTER STEP

1 2 1/4 L stepping R to R side as you body roll R (1), touch L toe forward toward L diagonal (2)  
3 4 Step L to L side as you body roll L (3), touch R touch R toward R diagonal (4)  
5 6 Walk back on R (5), walk back on L (6)  
7 & 8 Step back on R (7), step L next to R (&), step forward on R (8)

**Section 4: ½ TURNING HEEL BOUNCES, ½ TURNING SHIMMIES**

- 1234 Make ½ turn L doing 4 heel bounce turns L with slight lean over R shoulder (weight ends forward on L) (1,2,3,4)
- 5678 Step forward on R (5), slow pivot ½ L as you shimmy/shake your shoulders back and forward (weight ends forward on L) (6,7,8)

**Tag (Short)****Section 1: R ROCK & CROSS, L ROCK & CROSS, BUMP & BUMP & BUMP FLICK**

- 1 & 2 Rock R to R side (1), recover on L (&), cross R over L (2)
- 3 & 4 Rock L to L side (3), recover on R (&), cross L over R (4)
- 5&6& Step R to R side bumping hips R (5), bump hips L (&), bump hips R (6), bump hips L (&)
- 7 8 Bump hips R pushing R hip to R (7), recover stepping onto L flicking R up and out to R side (8)

**Tag (Long)****Section 1: R ROCK & CROSS, L ROCK & CROSS, BUMP & BUMP & BUMP FLICK**

- 1 & 2 Rock R to R side (1), recover on L (&), cross R over L (2)
- 3 & 4 Rock L to L side (3), recover on R (&), cross L over R (4)
- 5&6& Step R to R side bumping hips R (5), bump hips L (&), bump hips R (6), bump hips L (&)
- 7 8 Bump hips R pushing R hip to R (7), recover stepping onto L flicking R up and out to R side (8)

**Section 2: R JAZZBOX CROSS, SIDE, POINT ACROSS, SIDE, POINT BEHIND**

- 1 2 Cross R over L (1), step back on L (2)
- 3 4 Step R to R side (3), cross L over R (4)
- 5 6 Step R to R side (5), point L across R (6)
- 7 8 Step L to L side (7), point R behind L (8)

**Section 3: ROLLING VINE R, TOUCH/CLAP, ROLLING VINE L, TOUCH/CLAP**

- 1 2 ¼ R stepping forward on R (1), ½ R stepping back on L (2)
- 3 4 ¼ R stepping R to R side (3), touch L next to R/CLAP (4) (12:00)
- 5 6 ¼ L stepping forward on L (5), ½ L stepping back on R (6)
- 7 8 ¼ L stepping L to L side (7), touch R next to L/CLAP (8) (12:00)

**Section 4: R ROCK & CROSS, L ROCK & CROSS, BUMP & BUMP & BUMP FLICK**

- 1 & 2 Rock R to R side (1), recover on L (&), cross R over L (2)
- 3 & 4 Rock L to L side (3), recover on R (&), cross L over R (4)
- 5&6& Step R to R side bumping hips R (5), bump hips L (&), bump hips R (6), bump hips L (&)
- 7 8 Bump hips R pushing R hip to R (7), recover stepping onto L flicking R up and out to R side (8)

**Ending: Dance up-to count 28 of the 2nd Long Tag facing (6:00) – step forward on R bumping R out on count (29) and continue with the hip bump section gradually turning ½ turn L to finish facing (12:00).**

**Contact:**

**Gary O'Reilly oreillygaryone@gmail.com 00353857819808 <https://www.facebook.com/gary.reilly.104>  
www.thelifeoreillydance.com**

Quelle: <https://www.copperknob.co.uk/>