



Shamrock Shake



		STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
INTERMEDIATE	Section 1		Step, Kick, Cross, Side, Rock, Cross, Side, Rock, Step, Hold.		
	1 - 2		Step forward right. Kick left foot forward.	Step. Kick.	Forward.
	3 & 4		Cross left over right. Step right to right side. Rock onto left in place.	Cross & Rock.	On the spot.
	5 & 6		Cross right over left. Step left to left side. Rock onto right in place.	Cross & Rock.	
	7 - 8		Step forward on left. Hold.	Step. Hold.	Forward.
	Section 2		1/2 Pivot Right, Triple Turn, Step, Step, Touch, Scoot Back.		
	9 - 10		Pivot 1/2 turn right. Hold.	Pivot. Hold.	Turning right.
	11 & 12		Triple step - Left, Right, Left making 1/2 turn right.	Triple Turn.	Turning right.
	13 - 14		Step forward on right. Step forward on left.	Right. Left.	Forward.
	15		Touch right toe behind left foot.	Tap.	On the spot.
	& 16		Scoot back on left. Step back on right.	Scoot. Step.	Back.
	Section 3		Shuffle Steps, Cross, Unwind 3/4 Turn, 'Shamrock Shake'.		
	17 & 18		Step forward left. Step right beside left. Step forward left.	Left Shuffle.	Forward.
	19 & 20		Step forward right. Step left beside right. Step forward right.	Right shuffle.	
	21 - 22		Cross left over right. Unwind 3/4 turn to right.	Cross. Unwind.	Turning right.
	23 - 24		Do the 'Shamrock Shake' Bump hips forward twice while holding hands behind head (or if you can think of something else, go ahead, have fun).	Shamrock Shake.	On the spot.
	Section 4		Heel Touches & Scoots (or claps).		
	25 &		Touch left heel forward. Hitch left knee & scoot forward on right.	Heel. Hitch.	Forward.
	26 - 28		Repeat step (25 &) another three times.		
	Option:		To calm these steps down for those with knee problems replace with:		
	26 - 28		Touch left heel forward. Clap hands x 3.		
	Section 5		Heel & Toe Taps, Step, Touch, with Claps.		
	29 &		Touch left heel forward. Step left in place.	Left &	On the spot.
	30 &		Touch right heel forward. Step left in place	Right &	
	31 &		Touch left toe behind right foot. Step left in place.	Tap &	
	32		Touch right beside left.	Touch.	
	Claps:		Try and add the following claps to steps 29 - 32. 29 - clap hand at waist level. 30 - clap hands above head. 31 - clap hands behind back. 32 - clap hands in front.		

4 Wall Line Dance:- 32 Counts. Intermediate Level.

Choreographed by:- Robert & Regina Padden. (Eire) June 1997.

Choreographed to:- 'I'll Tell Me Ma' by Shamrock (132 bpm).