

Party Shake

Choreographer: Adam Astmar, Sweden &
Malene Jakobsen, Denmark
December 2022

adam.astmar@gmail.com
lovelinedance@live.dk



| | |
|-------------------|---|
| Type of dance: | 100 count (A 32 B 68), 2 wall |
| Level: | Phrased intermediate |
| Choreographed to: | Pretty Lady by DJ Valdi feat. Mohombi, available on iTunes, 132 BPM |
| Intro: | 44 counts from the beginning 21 sec. seconds into track - dance begins with weight on L |
| Phrasing: | AA B AA tag AA B AA |
| Tag: | There's 1 tag, happens after dancing the 4 th . A, you'll be facing 12.00 |

| Counts | Part A Footwork | Facing |
|--------------|--|--------|
| 1-8 | Step fwd., kick, back, back, side rock, cross, back, 1/4 | |
| 1-2 | (1) Step fwd. on R (2) kick L fwd. | 12.00 |
| 3-4 | (3) Step back on L, (4) step back on R | 12.00 |
| &5-6 | (&) Rock L to L, (5) recover onto R, (6) cross over R | 12.00 |
| 7-8 | (7) Step back on R, (8) turn 1/4 L stepping L to L | 9.00 |
| 9-16 | Point, 1/4, step 1/2 turn, brush, ball, touch, ball, heel, ball step | |
| 1-2 | (1) Point R to R, (2) turn 1/4 R stepping fwd. on R | 12.00 |
| 3-4 | (3) Step fwd. on L, (4) turn 1/2 R | 6.00 |
| 5&6 | (5) Brush ball of L, (&) step down on L, (6) touch R toes next to R | 6.00 |
| &7&8 | (&) Step down on R, (7) dig L heel fwd., (&) step L next to R, (8) step fwd. on R | 6.00 |
| 17-24 | Fwd. rock, 1/4, drag, ball, walk, walk, bounce 1/2 | |
| 1-2-3-4 | (1) Rock fwd. on L, (2) recover onto R, (3) turn 1/4 L stepping L to L, (4) drag R towards L | 3.00 |
| &5-6 | (&) Step R next to L, (5-6) walk fwd. L, R | 3.00 |
| 7-8 | (7-8) Bounce heels making 1/2 L – weight ends on L | 9.00 |
| 25-32 | Side rock, ball, side, touch, step, 1/2, 1/4, step fwd. | |
| 1-2 | (1) Rock R to R, (2) recover onto L | 9.00 |
| &3-4 | (&) Step R next to L, (3) Step L to L, (4) Touch R next to L | 9.00 |
| 5 - 6 | (&) Step forward on R, (6) turn 1/2 R stepping back on L | 3.00 |
| 7-8 | (7) Turn 1/4 R stepping fwd. on R, (8) step fwd. on L | 6.00 |
| Counts | Part B Footwork | Facing |
| 1-8 | Fwd. with sweep, cross rock, side, step in place x 2, side, step in place x 2 | |
| 1-2 | (1) Step fwd. on R starting to sweep L from back to front, (2) finish the sweep | 12.00 |
| 3-4 | (3) Rock L across R, (4) recover onto R | 12.00 |
| 5-6& | (5) Step L to L, (6) step R next to L, (&) step L next to R | 12.00 |
| 7-8& | (7) Step R to R, (8) step L next to R, (&) step R next to L | 12.00 |
| 9-16 | Step fwd., hold, 1/2, hold, side, step in place x 2, side, | |
| 1-2-3-4 | (1) Step fwd. on L, (2) hold, (3) turn 1/2 R, (4) hold | 6.00 |
| 5-6& | (5) Step L to L, (6) step R next to L, (&) step L next to R | 6.00 |
| 7-8 | (7) Step R to R, (8) touch L next to R | 6.00 |
| 17-24 | Fwd. with sweep, cross rock, side, step in place x 2, side, step in place x 2 | |
| 1-2 | (1) Step fwd. on L starting to sweep R from back to front, (2) finish the sweep | 6.00 |
| 3-4 | (3) Rock R across L, (4) recover onto L | 6.00 |
| 5-6& | (5) Step R to R, (6) step L next to R, (&) step R next to L | 6.00 |
| 7-8& | (7) Step L to L, (8) step R next to L, (&) step L next to R | 6.00 |

| Counts | Part B Footwork | Facing |
|---------------|---|---------------|
| 25-32 | Step fwd., hold, 1/2, hold, out, out, in, in, brush hands on thighs | |
| 1-2-3-4 | (1) Step fwd. on R, (2) hold, (3) turn 1/2 L, (4) hold | 12.00 |
| 5-6&7 | (5) Step out on R, (6) step out on L, (&) step in on R, (7) step L next to R | 12.00 |
| 8& | (8) Brush R hand backwards on the outside of R thigh. (&) brush L hand backwards on the outside of L thigh. | |
| 33-40 | Fwd. rock, coaster cross, side rock, behind, 1/4, step | |
| 1-2 | (1) Rock fwd. on R, (2) recover onto L | 12.00 |
| 3&4 | (3) Step back on R, (&) step L next to R, (4) cross R over L | 12.00 |
| 5-6 | (5) Rock R to R, (6) recover into L | 12.00 |
| 7&8 | (7) Cross L behind R, (&) turn 1/4 R stepping fwd. on R, (8) step fwd. on L | 3.00 |
| 41-48 | Fwd. rock, coaster cross, side rock, behind, side, cross | |
| 1-2 | (1) Rock fwd. on R, (2) recover onto L | 3.00 |
| 3&4 | (3) Step back on R, (&) step L next to R, (4) cross R over L | 3.00 |
| 5-6 | (5) Rock R to R, (6) recover into L | 3.00 |
| 7&8 | (7) Cross L behind R, (&) step R to R, (8) cross L over R | 3.00 |
| 49-56 | Stomp, shimmy shoulders, sailor 1/4 step, stomp, shimmy shoulders, sailor 1/4 step | |
| 1-2 | (1) Stomp R to R, (2) shimmy your shoulders | 3.00 |
| 3&4 | (3) Turn 1/4 L stepping back on, (&) step R to R, (4) step fwd. on L | 12.00 |
| 5-6 | (1) Stomp R to R, (2) shimmy your shoulders | 12.00 |
| 7&8 | (3) Turn 1/4 L stepping back on, (&) step R to R, (4) step fwd. on L | 9.00 |
| 56-64 | Stomp, shimmy shoulders, sailor 1/4, run 1/2 L | |
| 1-2 | (1) Stomp R to R, (2) shimmy your shoulders | 9.00 |
| 3&4 | (3) Turn 1/4 L stepping back on, (&) step R to R, (4) step fwd. on L | 6.00 |
| 5&6&7&8& | (5&6&7&8&) Run 1/2 around turning left to the front R, L, R, L, R, L, R, L | 12.00 |
| 65-68 | Together & bend knees, hold, clap | |
| 1-2-3-4 | (1) Close R next to L and bend knees, (2) Straighten knees, (3) Hold, (4) Clap your hands | 12.00 |
| TAG | Rocking chair | |
| 1-2-3-4 | (1) Rock fwd. on R, (2) recover onto L, (3) rock back on R, (4) recover onto L | |
| | | |
| | | |