

# Shove It

**Count:** 32    **Wall:** 4    **Level:** Improver

**Choreographer:** Roy Verdonk ( NL ), Miquel Menendez ( ES ) April 2015

**Music:** Shove It - Audrey Auld

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## **Toe Heel Strut R, Cross Toe Heel Strut L, Mambo Cross R, Toe Heel Strut L, Cross Toe Heel Strut R, Mambo with 1/4 Turn R**

- 1&            Rf touch toes right, Rf drop heel down ( taking weight on it )
- 2&            Lf cross toes in front of Rf, Lf drop heel down ( taking weight on it )
- 3&4          Rf rock right, recover onto Lf ( & ), Rf cross in front of Lf
- 5&            Lf touch toes left, Lf drop heel down ( taking weight on it )
- 6&            Rf cross toes in front Lf, Rf drop heel down ( taking weight on it )
- 7&8          Lf rock left, recover onto Rf making 1/4 turn right ( & ), Lf step forward ( 3.00 )

## **Step R, Touch L, Step L, Touch R, Side R, Together L, Side R, Touch L , Step L, Touch R, Step R, Touch L, Step L, Together R, Step L**

- 1&            Rf step right, Lf touch together ( & )
- 2&            Lf step left, Rf touch together ( & )
- 3&            Rf step right, Lf step together ( & )
- 4&            Rf step right, Lf touch together ( & )
- 5&            Lf step left, Rf touch together ( & )
- 6&            Rf step right, Lf touch together ( & )
- 7&            Lf step left, Rf step together ( & )
- 8             Lf step left

## **Jazzbox With 1/4 Turn R, Heel/Flick/Step (2X)**

- 1-2           Rf cross in front of Lf, Lf step back
- 3-4           make 1/4 turn right stepping Rf right, Lf step forward ( 6.00 )
- 5&6          Rf touch heel forward, Rf flick heel right ( & ), Rf step forward
- 7&8          Lf touch heel forward, Lf flick heel left ( & ), Lf step forward

## **Step, 1/2 Turn L, Step, 1/2 Turn L, Step, 1/4 Turn L With Hitch, Walks L/R/L**

- 1-2           Rf step forward, make 1/2 turn left stepping Lf forward
- 3-4           Rf step forward, make 1/2 turn left stepping Lf forward
- 5-6           Rf step forward, make 1/4 turn left hitching left knee up
- 7&8          Lf step forward, Rf step forward ( & ), Lf step forward