

I'm Shook

COPPER KNOB
STEPSHEETS



Compte: 32

Mur: 4

Niveau: Beginner

Chorégraphe: Kate Sala (UK) - July 2025

Musique: Shook - Sugababes

Intro: Start on vocals.

Rocking Chair, Step Scuff, Step, Heel Swivel.

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| 1 2 | Rock forward on R. Recover on to L. |
| 3 4 | Rock back on R. Recover on to L. |
| 5 6 | Step forward on R. Scuff L forward. |
| 7 8 | Step forward on L. Swivel both heels left. |

Heel Swivel, Kick, Step Back, Cross Touch, Forward Lock Step, Touch.

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| 1 2 | Swivel both heels back to centre. (Weight back on R) Kick L forward. |
| 3 4 | Step back on L. Cross touch R over L. |
| 5 6 | Step forward on R. Lock step L behind R. |
| 7 8 | Step forward on R. Touch L next to R. |

Rolling Vine left, Touch, Step Right, Touch, Step Left, Scuff.

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| 1 2 | Turn 1/4 left stepping forward on L. Turn 1/2 left stepping back on R. |
| 3 4 | Turn 1/4 left stepping L to left side. Touch R next to L. |
| 5 6 | Step R to right side. Touch L next to R. |
| 7 8 | Step L to left side. Scuff R forward. (Restart here) |

Jazzbox 1/4 Turn Right, Toe Strut Forward On R, L.

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|-----|--|
| 1 2 | Cross step R over L. Turn 1/4 right stepping back on L. 3:00 |
| 3 4 | Step R out to right side. Step forward on L. |
| 5 6 | Step forward on ball of R. Drop R heel down. |
| 7 8 | Step forward on ball of L. Drop L heel down. |

Start Again ENJOY!

RESTART: During wall 9, restart after count 24, facing front wall.

Ending: Count 25 - 32, Jazz box 1/4 turn left, 2 x toe struts forward, facing front wall.

Optional Styling:

During the song, shimmy shoulders during the 'rocking chair' when you hear 'Shakin' all over.'

During the song try a few sideways body rolls when dancing 'Step R to right side.'

Touch. Step L to left side. Scuff,' when you hear 'Body never felt so good.'