



# Shake Your Groove Thing

Artist: Peaches & Herb  
Choreo: Jennifer Murton

Level: Intermediate  
Genre: Disco

**SEQUENCE: Wait 16 Beats A C\* B D C Break1 B D C Break2 A\* A\* D C Ending**

**PART A: ( 16 Beats )**

Mini Jit Step DS(ots) S(ib)/Give Weight(if) S(ots) S(if)/Give Weight(ib)  
L R/L L R/L

Rocking Chair (Turn 1/2L) DS Brush Chug/H DS RS  
L R R/L R LR

**REPEAT TO FACE THE FRONT**

**PART A\*: ( 16 Beats )**

Mini Jit Step DS(ots) S(ib)/Give Weight(if) S(ots) S(if)/Give Weight(ib)  
L R/L L R/L

Rocking Chair (Turn 3/4L) DS Brush Chug/H DS RS  
L R R/L R LR

**REPEAT TO FACE NEW WALL**

**PART B: ( 32 Beats ) [Verse]**

Rooster Run DS(ots)DS(xif)R(ots)S(xib)R(ots)S(xif)  
L R L R L R

Kick It! S Heel(if) S Heel(if) S Heel(if)(2X) Lift/H RS Brush Chug/H DS RS  
L R R L L R R/L RL R R/L R LR

Fancy Double (Turn 1/2L) DS DS RS RS  
L R LR LR

**REPEAT TO FACE THE FRONT**

**PART C: ( 32 Beats ) [Chorus]**

Travolta Combo Point up R once; Point down L once; Point up R twice;  
Point down L once; Point up R once; Point down L twice

Triple ( Turn 1/2R ) DS DS DS RS  
R L R LR

Hand Rolls (Up High) with Basics DS RS (Roll 2X to L w/Hands); DS RS (Roll 2X to R w/Hands)  
L RL R LR

**REPEAT TO FACE THE FRONT**

**PART C\*: ( 36 Beats ) [First time you do the Chorus]**

**Do the same as Part C, but add on another set of hand rolls with basics at the end.**

**PART D: ( 32 Beats ) [Lead into the Chorus (Part C)]**

2 Slurs DS(ots) Slur(ib) S(ib) DS(ots) Slur(ib) S(ib)  
L R R L R R

Triple ( Turn 1/2L ) DS DS DS RS  
L R L RL

Kind of a Moon Walk S(ib)(knee opp) S(ib)(knee opp) S(ib)(knee opp) S(ib)(knee opp)  
R L R L

Triple (Forward) DS DS DS RS  
R L R LR

2 Slurs DS(ots) Slur(ib) S(ib) DS(ots) Slur(ib) S(ib)  
L R R L R R

**PART D:( Cont'd )**

Triple ( Turn 1/2L )

DS DS DS RS

L R L RL

4 “Bump” Steps

Turn toward person next to you and bump 4X. Bump hips w/inside arms down first, then face outward and bump backside to backside w/inside arms out if front. Repeat hip and backside bumps 2 more times.

**BREAK1: ( 32 Beats ) [Instrumental Part]**

Triple Kick & Groove

DS DS DS Kick Chug/H RS Kick Chug/H RS Kick Chug/H

L R L R R/L RL R R/L RL R R/L

Chain Rock ( 1/2R )

DS RS RS RS

R LR LR LR

Step and Pump

& Touch & S (Pump Hands Twice) & Touch & S (Pump Hands Twice)

L L

R R

**REPEAT TO FACE THE FRONT**

**BREAK2: ( 32 Beats )**

2 Turning Clogover Vines

DS(ots) DS(xif) DS(ots) DS(1/4R) DS(1/4R) DS(1/4R) DS(1/4R) RS

L R L R L R L RL

**REPEAT WITH OPPOSITE FOOTWORK**

2 Tasha Steps

DS Brush/H DS RS(ib) & Twist 2X w/Heel in Air DS RS

L R/L R LR L foot L RL

**REPEAT WITH OPPOSITE FOOTWORK**

**ENDING: ( 18 Beats )**

Travolta Combo

Point up R once; Point down L once; Point up R twice;

Point down L once; Point up R once; Point down L twice

Triple ( Turn Full R )

DS DS DS RS

R L R LR

Hand Rolls with Basics

DS RS (Roll 2X to L w/Hands); DS RS (Roll 2X to R w/Hands)

L RL

R LR

End Pose

End with a Travolta point to the R side and up.

**Have Questions or Can't Remember How to Do a Step ??**

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