

I'm Shook

Count: 32

Wall: 4

Level: Beginner

Choreographer: Kate Sala (UK) - July 2025

Music: Shook - Sugababes



Intro: Start on vocals.

Rocking Chair, Step Scuff, Step, Heel Swivel.

- 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.

- 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.

- 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.

- 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.'