

Artist: American Breed Choreo: Shane Gruber & American Rhythm Dancers
 Album: Let's Have a Party Tonight 4481 Borland
 Time: 2:09 West Bloomfield, MI
 Level: Easy Music: Oldies BEND ME SHAKE ME 48323
 Wait 8 counts www.Shanegangcloggers.com Shanegang@yahoo.com 248-363-5820
 Sequence: A-B-C-Break-A-B-C-1/2C

Part A

Samantha DS-DS-Drag-Step-Drag-Step-RS-DS-DS-RS
 L R R L L R LR L R LR

4 Basics DS-RS DS-RS DS-RS DS-RS
 L RL R LR L RL R LR

Triple loop vine DS-DS-DS/Loop-Step-DS-DS-DS-RS
 L RL R R L R L RL

4 Basics DS-RS DS-RS DS-RS DS-RS
 R LR L RL R LR L RL

Triple Loop Vine DS-DS-DS/Loop-Step-DS-DS-DS-RS
 R L RL L L R L R LR

4 Basics DS-RS DS-RS DS-RS DS-RS
 L RL R LR L RL R LR

Part B

Triple Kick & Back DS-DS-DS-Kick-DS-DS-DS-RS
 L R L R R L R LR

Slur Turn DS-Slur-Step-DS-DS
 Turn ½ Right L R R L R

Repeat Triple Kick & Back

Karate Turn DS-Kick(pivot)-DS Brush Up
 Turn ½ Left L R R L
 4 steps Step-Step-Step-Step
 L R L R

Part C

Bend me shape me Step-RS-Step-RS-step(ib)-step(ib)-step(ib)-step(ib)
 Wave hands on S RS L RL R LR L R L R

2 Basics DS-RS DS-RS
 L RL R LR

Fancy Double DS-DS-RS-RS
 L R LR LR

Bend Me Shape me

2 Basics

Chain DS-RS-RS-RS
 L RL RL RL

Joey Dbl/ball-ball(xib)-ball-ball(ux)-ball(xib)-ball-ball(ux)
 R R L R L R L R

Break Clap for 8 counts ½ C Bend Me Shape Me, 2 Basics, Fancy Double