

Shake Your Body Down To The Ground

COPPER KNOB
STEPSHEETS

Count: 64

Wand: 4

Ebene: Intermediate

Choreograf/in: Bambang Satiyawan (INA) - October 2018

Musik: Shake Your Body Down To The Ground by Michael Jackson



Start dance on vocal,

I. CROSS-COASTER STEP-HITCH-COASTER STEP-PIVOT

- 1 – 2& Cross R over L, Step L back, Close R beside L
- 3 – 4 Step L forward, Hitch your R
- 5 & 6 Step R back, Close L beside R, Step R forward
- 7 – 8 Step L forward, Turn ¼ right Step R in place (03.00)

II. CROSS-KICK-BEHIND-SIDE-CROSS-SIDE TOUCH-TURN-HOLD-COASTER STEP

- 1 – 2 Cross L over R, Kick R diagonal forward
- 3 & 4 Cross R behind L, Step L to side, Cross R over L
- 5 & 6 Touch L to side, Turn ¼ left weight on R and Point your L in place, Hold (12.00)
- 7 & 8 Step L back, Close R beside L, Step L Forward

*RESTART here on wall 2

III. DOROTHY-PIVOT-SKATE

- 1 – 2& Step R diagonal forward, Lock L behind R, Step R diagonal forward
- 3 – 4& Step L diagonal forward, Lock R behind L, Step L diagonal forward
- 5 – 6 Step R forward, Turn ½ left Step L in place (06.00)
- 7 – 8 Skate R diagonal forward, Skate L diagonal forward

IV. ROCK RECOVER-TURN-WALK-SIDE-DRAG

- 1 & 2 Rock R forward, Recover on L, Turn ½ right step R forward (12.00)
- 3 – 4 Walk L-R
- 5 – 8 Step L long to side, Drag R to L for 3 counts

*RESTART here on wall 4 & 6

V. CLOSE BEHIND-CROSS-HOLD-SIDE-BEHIND-TURN-FLICK-LOCK SHUFFLE-TURN SCISSOR

- &1 – 2 Close R slightly behind L, Cross R over L, Hold
- &3 – 4 Step R to side, Cross touch L behind R, Turn ½ left Step L in place n Flick R (06.00)
- 5 & 6 Step R forward, Lock L behind R, Step L forward
- 7 & 8 Turn ¼ right Step L to side, Close L slightly behind R, Cross L over R (09.00)

VI. SIDE-CLOSE-HOLD-CROSS-SIDE-CROSS FLICK-CHASSE-JAZZBOX TURN

- &1 – 2 Step R to side, Close L beside slightly behind R, Hold (body angle to 07.30)
- &3 – 4 Step Cross R over L, Step L to side, Flick R cross behind L (09.00)
- 5 & 6 Step R to side, Close L beside R, Step R to side
- 7 & 8 Cross L over R, Turn ¼ left Step R back, Step L to side (06.00)

VII. HITCH-STOMP-HOLD-CLOSED-FORWARD-TOUCH-BACK LOCK SHUFFLE-TURN-FORWARD-CLOSE

- &1 – 2 Hitch R, Stomp R forward, Hold (switch Change weight to L)
- &3 – 4 Close R beside L, Step L forward, Touch R behind L
- 5 & 6 Step R back, Lock L over R, Step R back
- 7 – 8 Turn ½ left Step L forward, Touch R beside L (12.00)

VIII.OUT-OUT-HOLD-CLOSE BEHIND-CROSS-KICK-BEHIND-SIDE-CROSS-TOUCH-TURN-CLOSE

&1 – 2 Open R to side, Open L to side, Hold (switch change weight to L)

&3 – 4 Close R behind L, Cross L over R, Kick R diagonal forward

5 & 6 Cross R behind L, Step L to side, Cross R over L

7 – 8 Touch L to side, Turn $\frac{1}{4}$ left Close L beside R (09.00)

Restart on wall 2,4 & 6

Enjoy the dance,

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