

Move It, Shake It, Drop It

Count: 32

Wand: 4

Ebene: Improver - Funky

Choreograf/in: Adam Åstmar (SWE) - February 2025

Musik: Move Shake Drop Remix (feat. Casely and Flo Rida) - DJ Laz



Intro: 32 counts from start of track, approx. 15 seconds.

Note! Restart occurs after 16 counts on wall 9 facing 3'00.

Sect – 1: Jump Fwd. Hold. Shake Body. Drop & Roll. Coaster Step.

- 1 – 2 Jump forward on both feet, placing weight mostly on LF (1). Hold (2).
- 3 & 4 Shake body, hips, shoulders or whatever you feel like (3 & 4).
- 5 – 6 Bend knees and push hips back (5). Straighten knees and return hips to center (6).
- 7 & 8 Step back on RF (7). Close LF next to RF (&). Step forward on RF (8).

Sect – 2: Step 1/ 4 Turn. Cross Shuffle. 2x Side, Together.

- 1 – 2 Step forward on LF (1). Turn ¼ R place weight on RF (2). [3:00]
- 3 & 4 Cross LF over RF (3). Step to R on RF (&). Cross LF over RF (4).
- 5 – 6 Step to R on RF (5). Close LF next to RF (6).
- 7 – 8 Step to R on RF (7). Close LF next to RF (8).

Note! Restart occurs here on wall 9 facing 3'00

Sect – 3: Side Stomp. Hold. Touch, Ball, Touch. V-Step.

- 1 – 2 Stomp to R on RF (1). Hold (2).
- 3 & 4 Touch LF next to RF (3). Ball step to L on LF (&). Touch R next to LF (4).
- 5 – 6 Step to R diagonal on RF (5). Step to L diagonal on LF (6).
- 7 – 8 Step back on RF (7). Close LF next to RF (8).

Sect – 4: 2x Step ½ Turn. Jump Both Feet R, L, Fwd, Back.

- 1 – 2 Step forward on RF (1). Turn ½ L place weight on LF (2). [9:00]
- 3 – 4 Step forward on RF (3). Turn ½ L place weight on LF (4). [3:00]
- 5 – 6 Jump to R side with both feet together (5). Jump to L side with both feet together (6).
- 7 – 8 Jump forward with both feet together (7). Jump back with both feet together (8).

Optional Counts 1-4:

Instead of Turning, replace the step turns with a Rocking chair on RF

Counts 5-8:

Replace jumps with ball touches:

- & 5 Ball step to R on RF (&). Touch LF next to RF (5).
- & 6 Ball step to L on LF (&). Touch RF next to LF (6).
- & 7 Ball step forward on RF (&). Touch LF next to RF (7).
- & 8 Ball step back on LF (&). Touch RF next to LF (8).

Have fun!
