

Shake It Down

Count: 40

Wand: 4

Ebene: Intermediate

Choreograf/in: Dee Musk (UK)

Musik: Shaken - Rachael Lampa



CROSS BACK CHASSE RIGHT, CROSS BACK CHASSE LEFT

- 1-2 Cross right over left, step back on left
3&4 Step right to right side, close left beside right, step right to right side
5-6 Cross left over right, step back on right
7&8 Step left to left side, close right beside left, step left to left side (12:00)

WALK RIGHT, WALK LEFT, SHUFFLE FORWARD RIGHT, ½ PIVOT RIGHT, FULL TURN RIGHT

- 1-2 Walk forward right, walk forward left
3&4 Step forward on right, close left beside right, step forward on right
5-6 Step forward on left, make a ½ turn right (weight forward on right)
7-8 Make a ½ turn right stepping back on left, make a ½ turn right stepping forward on right (or walk left right) (6:00)

FORWARD MAMBO, BACK TOGETHER LOCK STEP, STEP, STEP PIVOT STEP

- 1&2 Rock forward on left, recover weight to right, step back on left
3& Step back on right, close left beside right
4&5 Step forward on right, cross left behind right, step forward on right
6 Step forward on left
7&8 Step forward on right, make a ½ turn left, step forward on right (12:00)

LEFT LOCK STEP, LEFT ¼ TURN WITH SIDE ROCK RECOVER, CROSS, ¼ TURN RIGHT, ¼ TURN RIGHT, CROSS

- 1&2 Step forward on left, cross right behind left, step forward on left
3-4 Making a ¼ turn left rock out to right, recover weight to left
5 Cross right over left
6-7 Making a ¼ turn right step back on left, making a ¼ turn right step right to right side
8 Cross left over right (3:00)

SIDE ROCK & CROSS, SIDE ROCK & FORWARD TOUCH, TOGETHER FORWARD TOUCH, TOGETHER FORWARD TOUCH, LEFT COASTER STEP

- 1&2 Rock right out to right side, recover weight to left, cross right over left
3&4 Rock left out to left side, recover weight to right, touch left toe forward
&5&6 Step left beside right, touch right toe forward, step right beside left, touch left toe forward (travel slightly forward on these touches)
7&8 Step back on left, step right beside left, step forward on left (3:00)

REPEAT

RESTART

At end of wall 2, facing 6:00, just dance the first 8 counts then start again from count 1

TAG

At end of wall 3 facing 9:00

4 WALKS FORWARD

- 1-4 Walk forward right, left, right, left