

# Shake You Down

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Barry Durand (USA)

Musik: Shake You Down - Gregory Abbott



## **SWEEP TURN, CROSS, SWEEP TURN AND SHAKE YOU DOWN HIPS**

I am including this as 10 counts because the shake you down hips occurs on counts 7-10 but makes sense as an accent in the chorus

- 1-4 Start by turning  $\frac{1}{4}$  turn left and step forward left, sweep right foot around making another  $\frac{1}{4}$  turn left facing 6:00, step right across left, turn  $\frac{1}{4}$  turn left and step left
- 5-10 Sweep right foot around and turn  $\frac{1}{4}$  turn left facing 12:00 and step with right across left, step side left and rock hips left, right, left, right and on last rock to right turn  $\frac{1}{4}$  turn left (9:00) on the right foot (7-10)

## **COASTER STEP, FAST VINE**

- 3&4 Back left, together right, forward left
- 5-6&7&8 Forward right, fast vine moving forward sort of like a quick traveling lock step syncopated by locking left behind right, forward right, forward left, lock right behind left, forward left

## **PIVOT TURN, TURNING BOX, VINE**

- 1-2 Step forward right and turn  $\frac{1}{2}$  turn left on (1) facing 3:00, hold 2
- 3-4&  $\frac{1}{4}$  turn left (12:00) and step forward, side right, cross left over right
- 5-6& Step side right turning  $\frac{1}{4}$  turn left facing 9:00, side left, cross right over left
- 7-8& Side left with  $\frac{1}{4}$  turn left facing 6:00, side right, cross left behind right

## **RONDE, VINE, PADDLE TURN**

- 1-2&3-4 Facing 6:00 ronde with right foot sweeping it forward to right and behind, step right behind left, side left, cross right over left, step side left
- 5-8 Start a paddle turn to right by stepping on right turning to right, make a full paddle turn by using left to push around &6&7& so you are again facing 6:00, step side right

## **REPEAT**

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