

Shake 'Em Down

Compte: 64

Mur: 4

Niveau: Intermediate

Chorégraphe: Barbara R. K. Wallace (CAN) - October 2010

Musique: Shake 'Em Down - Southside Johnny



Thank you for finding this music Bobalouie!!

KICK RIGHT TO LEFT DIAGONAL, STEP SIDE RIGHT, SWIVEL IN LEFT HEEL AND TOE, HITCH LEFT KNEE, TOUCH LEFT TOE SIDE, HOLD, BALL CROSS

- 1,2 Kick right foot to left diagonal, step side right
- 3,4 Swivel in left heel, swivel in left toe (towards right foot)
- 5,6 Hitch left knee to right diagonal, touch left toe to left side
- 7&8 Hold, step on ball of left, cross right over left

STEP TOUCH, ¼ TURN TOUCH, STEP SIDE, HOLD, BALL SIDE, SCUFF

- 1,2 Step side left, touch right beside left
- 3,4 Make ¼ turn right as you step side right, touch left beside right
- 5,6 Step side left, hold
- &7,8 Step together on right, step side left, scuff right

CROSS STRUT, BACK STRUT, HIPS RIGHT, LEFT, RIGHT, LEFT

- 1,2 Cross right toe over left, drop heel taking weight
- 3,4 Touch left toe back, drop heel taking weight
- 5-8 Step side right as you bump hips right, left, right, left

CROSS ROCK RECOVER, SIDE ROCK RECOVER, RIGHT JAZZ BOX WITH ¼ TURN RIGHT

- 1,2 Cross rock right over left, recover back left
- 3,4 Rock side right, recover on left
- 5-8 Cross right over left, step back on left, make ¼ turn right stepping on right, step together with the left

SWIVEL HEELS, TOES, HEELS TO RIGHT AND CLAP, SWIVEL HEELS, TOES, HEELS TO LEFT AND CLAP

- 1-4 Swivel heels right, swivel toes right, swivel heels right, clap
- 5-8 Swivel heels left, swivel toes left, swivel heels left, clap

¼ MONTEREY RIGHT WITH A TOUCH, ½ MONTEREY LEFT WITH A TOUCH

- 1-4 Touch right toe to right side, make ¼ turn right and step on right, touch left toe out to left side, touch left toe beside right
- 5-8 Touch left toe to left side, make ½ turn left and step on left, touch right toe out to right side, touch right toe beside left

RIGHT TRAIN STEP, STEP FORWARD HOLD AND CLAP, BALL STEP FORWARD HOLD AND CLAP

- 1-4 Rock forward right, recover left, rock back right, recover left
- 5,6 Step forward right, clap
- &7,8 Step together on the ball of the left, step forward right, clap

MAKE ½ TURN LEFT BOUNCING HEELS THREE TIMES

- 1-4 Bounce heels three times making 1/2 turn left, hold (weight ends on left foot)
- 5,6 Kick right foot forward, step forward on right
- 7,8 Kick left foot forward, step forward on left

Repeat

