

# 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**

