

Shake Your Body Down To The Ground

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Bambang Satiyawan (INA) - October 2018
音乐: Shake Your Body Down To The Ground by Michael Jackson



Start dance on vocal,

I. CROSS-COASTER STEP-HITCH-COASTER STEP-PIVOT

1 – 2& Cross R over L, Step L back, Close R beside L
3 – 4 Step L forward, Hitch your R
5 & 6 Step R back, Close L beside R, Step R forward
7 – 8 Step L forward, Turn ¼ right Step R in place (03.00)

II. CROSS-KICK-BEHIND-SIDE-CROSS-SIDE TOUCH-TURN-HOLD-COASTER STEP

1 – 2 Cross L over R, Kick R diagonal forward
3 & 4 Cross R behind L, Step L to side, Cross R over L
5 & 6 Touch L to side, Turn ¼ left weight on R and Point your L in place, Hold (12.00)
7 & 8 Step L back, Close R beside L, Step L Forward

*RESTART here on wall 2

III. DOROTHY-PIVOT-SKATE

1 – 2& Step R diagonal forward, Lock L behind R, Step R diagonal forward
3 – 4& Step L diagonal forward, Lock R behind L, Step L diagonal forward
5 – 6 Step R forward, Turn ½ left Step L in place (06.00)
7 – 8 Skate R diagonal forward, Skate L diagonal forward

IV. ROCK RECOVER-TURN-WALK-SIDE-DRAG

1 & 2 Rock R forward, Recover on L, Turn ½ right step R forward (12.00)
3 – 4 Walk L-R
5 – 8 Step L long to side, Drag R to L for 3 counts

*RESTART here on wall 4 & 6

V. CLOSE BEHIND-CROSS-HOLD-SIDE-BEHIND-TURN-FLICK-LOCK SHUFFLE-TURN SCISSOR

&1 – 2 Close R slightly behind L, Cross R over L, Hold
&3 – 4 Step R to side, Cross touch L behind R, Turn ½ left Step L in place n Flick R (06.00)
5 & 6 Step R forward, Lock L behind R, Step L forward
7 & 8 Turn ¼ right Step L to side, Close L slightly behind R, Cross L over R (09.00)

VI. SIDE-CLOSE-HOLD-CROSS-SIDE-CROSS FLICK-CHASSE-JAZZBOX TURN

&1 – 2 Step R to side, Close L beside slightly behind R, Hold (body angle to 07.30)
&3 – 4 Step Cross R over L, Step L to side, Flick R cross behind L (09.00)
5 & 6 Step R to side, Close L beside R, Step R to side
7 & 8 Cross L over R, Turn ¼ left Step R back, Step L to side (06.00)

VII. HITCH-STOMP-HOLD-CLOSED-FORWARD-TOUCH-BACK LOCK SHUFFLE-TURN-FORWARD-CLOSE

&1 – 2 Hitch R, Stomp R forward, Hold (switch Change weight to L)
&3 – 4 Close R beside L, Step L forward, Touch R behind L
5 & 6 Step R back, Lock L over R, Step R back
7 – 8 Turn ½ left Step L forward, Touch R beside L (12.00)

VIII.OUT-OUT-HOLD-CLOSE BEHIND-CROSS-KICK-BEHIND-SIDE-CROSS-TOUCH-TURN-CLOSE

&1 – 2 Open R to side, Open L to side, Hold (switch change weight to L)

&3 – 4 Close R behind L, Cross L over R, Kick R diagonal forward

5 & 6 Cross R behind L, Step L to side, Cross R over L

7 – 8 Touch L to side, Turn ¼ left Close L beside R (09.00)

Restart on wall 2,4 & 6

Enjoy the dance,

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