

# Shake It Down!

拍數: 32      牆數: 4      級數: Improver - Hip Hop  
編舞者: Elke Kunze (DE) - January 2016  
音樂: In My Head - Jason Derulo : (one Restart)



Alt. Music: "Shake That" by Eminem feat. Nat Doog, 107 bpm,

No Tag No Restart, Fade The Music On 3:16,

-----Thanks to my Monday Group for finding the title-----

## [1-8] Walk fwd 2, Touch, Step Back, Jump Back, Jump Back, Coaster Step

1-2            Step R forward, step L forward  
3-4            Touch right back behind left, step right back  
5-6            Sweeping jump left back, sweeping jump right back (upper body bent a little forward)  
7&8            Step left back, step right together left, step left slightly diag. forward- 12:00

## [9-16] Out Out, Swivel ¼ Right Left Right, Cross Side, Sailor Step

1-2            Step right to right slightly forward, step left to left (out-out position)  
3&4            Swivel feet+body ¼ right, ¼ left, ¼ right, right arm is bent upwards fist closed - 3:00  
5-6            Step left cross over right, step right to right  
7&8            Step left behind right, step right next to left, step left to left

When using the music "In My Head" by Jason Derulo, restart here on wall 4 facing 12:00

## [17-24] Cross, Back, Turn 1/2 right, Step Side, Cross Side, Hip Bumps, Rec. Hitch

1-2            Step right cross over left, step left back  
3-4            1/2 turn right stepping forw. on right, step left to left (out-out) - 9:00  
5&6&7          while leaning right-bump hip right, left, right, left, right and snap  
8              Recover to left and right hitch

(Raise your arms bent at chest height, your elbows are pointing outwards, fists together inside out)

## [25-32] Step ½ Turn Left, Coaster Step, Touches x 4 With Arms

1-2            Step right forward, step ½ turn left (weight right)  
3&4            Coaster step – left-right-left - 3:00  
5-6            Touch right forward, touch right to right, cross arms forw.-fingers pointing forw. palms down (5), arms stretched to side palms up (6)  
7-8            Touch right forward, touch right together left, arms forw. & point index fingers forward, palms down (7), arms back on your body (8)

Repeat

Restart on wall 4 after 16 counts when using the music "In My Head"

Ending: When using the music "Shake That" after wall 11 count 30 like a ¼ Monterey turn right, left touch side and point index fingers forward - 12:00

Contact: e.l.kunze@t-online.de ☐