

# Shake Your Body

COPPER KNOB  
STEPSHEETS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Ross Brown (ENG) - May 2017  
音樂: Move Your Body - Jizz : (CD: Move Your Body - Single)



Intro : □32 Counts (Approx. 15 Seconds)

## S1: SCUFF OUT OUT. TOUCH BALL CROSS. CHASSE RIGHT. BACK ROCK.

- 1 & 2      Scuff right foot forward past left, step right to the right, step left to the left.
- 3 & 4      Touch right next to left, step right next to left, cross step left over right.
- 5 & 6      Step right to the right, close left up to right, step right to the right.
- 7 – 8      Rock back with left, recover onto right. (12 O'CLOCK)

## S2: BACK ¼ TURN R, FORWARD ¼ TURN R. SIDE ROCKS L & R. FORWARD ROCK.

- 1 – 2      Make a ¼ turn right stepping back with left, make a ¼ turn right stepping forward with right.
- 3 – 4 &      Rock left to the left, recover onto right, step left next to right.
- 5 – 6 – 7 – 8      Rock right to the right, recover onto left, rock forward with right, recover onto left. (6 O'CLOCK)

## S3: BOUNCING WALK BACKS R, L, R. COASTER STEP.

- 1 & 2      Step back with right bouncing down, up, down.
- 3 & 4      Step back with left bouncing down, up, down.
- 5 & 6      Step back with right bouncing down, up, down.
- 7 & 8      Step back with left, step right next to left, step forward with left. (6 O'CLOCK)

## S4: STEP. SCUFF BALL STEP. POINT FORWARD, BACK. SWIVET STYLE TWIST 3/8 TURN L.

- 1      Step forward with right.
- 2 & 3      Scuff left foot forward past right, step left next to right, step forward with right.
- 4 – 5      Point left toe forward, point left toe back (not too far).
- 6 – 7      Twist left heel to the right and right toe to the left, twist left heel to the left and right toe to the right.
- 8      Make a 3/8 turn left twisting left heel to the right and right toe to the left. (Weight ends on left) ( 1:30 )

## S5: STEP with SWEEP. JAZZ BOX ¼ TURN L. X2.

- 1      Step forward with right (and sweep forward with left).
- 2 – 3 – 4      Cross step left over right, make a ¼ turn left stepping back with right, step left to the left. (10:30)
- 5 – 8      Repeat Counts 1 – 4 of this Section. ( 7:30 )

## S6: JAZZ BOX ¼ TURN R. JAZZ BOX 1/8 TURN R. HEEL BOUNCE.

- 1 – 2      Cross step right over left, make a ¼ turn right stepping back with left. (10:30)
- 3 – 4      Step right to the right, step forward with left.
- 5 – 6 – 7      Cross step right over left, make an 1/8 turn right stepping back with left, step right to the right.
- & 8      Lift both heels, drop both heels. (Weight ends on right) (12 O'CLOCK)

## S7: CROSS SHUFFLE. SIDE ROCK. X2.

- 1 & 2      Cross step left over right, close right up to left, cross step left over right.
- 3 – 4      Rock right to the right, recover onto left.
- 5 & 6      Cross step right over left, close left up to right, cross step right over left.
- 7 – 8      Rock left to the left, recover onto right. (12 O'CLOCK)

## S8: BEHIND, SIDE, FORWARD. ROCK FORWARD, BALL. POINT BACK, UNWIND ½ TURN L. COASTER

**STEP.**

- 1 & 2            Cross step left behind right, step right to the right, step forward with left.  
3 – 4 &        Rock forward with right, recover onto left, step right next to left.  
5 – 6            Point left toe back, unwind a ½ turn left keeping weight back on right.  
7 & 8            Step back with left, step right next to left, step forward with left. (6 O'CLOCK)

**END OF DANCE!****Contact: [ross-brown@hotmail.co.uk](mailto:ross-brown@hotmail.co.uk)**

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