

# Shake Your Body Down To The Ground

**COPPER** KNOB  
STEPSHEETS

拍數: 64                      牆數: 4                      級數: Intermediate  
編舞者: Bambang Satiyawan (INA) - October 2018  
音樂: 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  $\frac{1}{4}$  left Close L beside R (09.00)

**Restart on wall 2,4 & 6**

**Enjoy the dance,**

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**Last Update: 25 Mar 2024**

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