

# SHAKE it Down, SHAKE it Down

**COPPER** KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Beginner  
編舞者: Val Saari (CAN) - February 2019  
音樂: Brick House - The Commodores



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## MODIFIED RUMBA BOX FWD, ROCK/RECOVER SHUFFLE BACK PIVOT 1/2 R

1-2      Step LF to left side, Step RF beside LF  
3&4      Step LF forward, Step RF beside L, Step LF in place  
5-6      Rock RF forward, recover LF  
7&8      Shuffle back RLR Pivot 1/2 R

## LF ROCKING CHAIR, MAMBO LEFT, (CHA CHA CHA)

1-2      Rock LF forward, Recover RF  
3-4      Rock LF back, Recover RF  
5-6      LF Rock side left, RF recover  
7&8      Step LF beside Right, Step RF in place, Step LF in place (cha, cha, cha)

## DIAGONAL STEP-SLIDES FORWARD (RRL)

1-2      Step RF diagonally forward, Slide LF beside R  
3-4      Step RF diagonally forward, Slide LF beside R  
5-6      Step LF diagonally forward, Slide RF beside L  
7-8      Step LF diagonally forward, Slide RF beside L

## CROSS MAMBO, CHA CHA CHA 1/4 PIVOT R, ROCKING CHAIR

1-2      RF Cross over L, LF Recover weight  
3&4      RF step 1/4 pivot R, Step LF beside R, Step RF in place  
5-6      Rock forward on LF, Recover RF  
7-8      Step back on LF, Recover RF

**REPEAT - No Tags, No Restarts**

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