

# Shake It Down

拍數: 64      牆數: 4      級數: Intermediate  
編舞者: Kate Sala (UK) & Rob Fowler (ES) - February 2025  
音樂: Shake It Down - Brad Chaser



(NO Tags or Restarts)

Intro: 16c (approx. 8s) – start on “night’s” in the opening lyric “shake it down the night’s alive”  
Music available on: [danztunz.com](http://danztunz.com) (approx. 4 weeks before all major music platforms)

## S1: Step R Diag R, Touch L, Back L, Touch R, R Chasse, Back Rock, Recover

1,2,3,4      Step R to R diagonal, touch L next to R, step back L to L diagonal, touch R next to L  
5&6      Step R to R side, step L next to R (&), step R to R side  
7,8      Rock back on L, recover weight on R

## S2: L Grapevine ¼ L With Brush, ¼ L Chasse R, Back Rock, Recover

1,2      Step L to L side, step R behind L  
3,4      Make ¼ turn L stepping forward on L, brush R [9:00]  
5&6      Make ¼ turn L stepping R to R side, step L next to R (&), step R to R side  
7,8      Rock back on L, recover weight on R [6:00]

## S3: L Scissor, Hold, R Scissor, Side L

1,2,3,4      Step L to L side, step R next to L, cross step L over R, hold  
5,6,7,8      Step R to R side, step L next to R, cross step R over L, step L to L side

## S4: Back Rock, Recover, R Kick Ball Cross, R Heel Grind ¼ R, R Sailor

1,2      Rock back on R, recover weight on L  
3&4      Kick R forward, step down on ball of R next to L (&), cross step L over R  
5      Rock forward on R heel twisting R toe from L to R making ¼ turn R  
6      Recover weight back on L stepping L to L side  
7&8      Step R behind L, step L to L side (&), step R to R side [9:00]

## S5: Weave R, Cross Rock, Recover, L Chasse

1,2,3,4      Cross step L over R, step R to R side, step L behind R, step R to R side  
5,6      Cross rock L over R, recover weight on R  
7&8      Step L to L side, step R next to L (&), step L to L side

## S6: Cross R, Hinge ½ Turn R, Cross L, R Side Rock, Recover, R Cross Shuffle

1,2      Cross step R over L, make ¼ turn R stepping back on L  
3,4      Make ¼ turn R stepping R to R side, cross step L over R [3:00]  
5,6      Rock R out to R side, recover weight on L  
7&8      Cross step R over L, step L to L side (&), cross step R over L

## S7: L Side Rock, Recover, L Behind, R Side Rock, Recover, R Behind, Side L, Step Fwd R (similar to section 7 of “J’ai Du Boogie”)

1,2,3,4      Rock L out to L side, recover weight on R, step L behind R, rock R out to R side  
5,6,7,8      Recover weight on L, step R behind L, step L slightly to L side, step forward on R

## S8: Rock Fwd, Recover, L Coaster, Step/Stomp Fwd R, Slow Pivot ½ Turn L

1,2      Rock forward on L, recover weight on R  
3&4      Step back on L, step R next to L (&), step forward on L  
5      Step/stomp forward on R  
6,7,8      Make a slow ½ turn L over 3 counts ending with weight forward on L [9:00]

**Start Over**

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