

Shake You Down

拍數: 32 牆數: 2 級數: Improver
編舞者: Barry Durand (USA)
音樂: Shake You Down - Gregory Abbott



SWEEP TURN, CROSS, SWEEP TURN AND SHAKE YOU DOWN HIPS

I am including this as 10 counts because the shake you down hips occurs on counts 7-10 but makes sense as an accent in the chorus

- 1-4 Start by turning $\frac{1}{4}$ turn left and step forward left, sweep right foot around making another $\frac{1}{4}$ turn left facing 6:00, step right across left, turn $\frac{1}{4}$ turn left and step left
- 5-10 Sweep right foot around and turn $\frac{1}{4}$ turn left facing 12:00 and step with right across left, step side left and rock hips left, right, left, right and on last rock to right turn $\frac{1}{4}$ turn left (9:00) on the right foot (7-10)

COASTER STEP, FAST VINE

- 3&4 Back left, together right, forward left
- 5-6&7&8 Forward right, fast vine moving forward sort of like a quick traveling lock step syncopated by locking left behind right, forward right, forward left, lock right behind left, forward left

PIVOT TURN, TURNING BOX, VINE

- 1-2 Step forward right and turn $\frac{1}{2}$ turn left on (1) facing 3:00, hold 2
- 3-4& $\frac{1}{4}$ turn left (12:00) and step forward, side right, cross left over right
- 5-6& Step side right turning $\frac{1}{4}$ turn left facing 9:00, side left, cross right over left
- 7-8& Side left with $\frac{1}{4}$ turn left facing 6:00, side right, cross left behind right

RONDE, VINE, PADDLE TURN

- 1-2&3-4 Facing 6:00 ronde with right foot sweeping it forward to right and behind, step right behind left, side left, cross right over left, step side left
- 5-8 Start a paddle turn to right by stepping on right turning to right, make a full paddle turn by using left to push around &6&7& so you are again facing 6:00, step side right

REPEAT
