# Shake You Down

拍數: 32

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

- Start by turning ¼ turn left and step forward left, sweep right foot around making another ¼ 1-4 turn left facing 6:00, step right across left, turn 1/4 turn left and step left
- 5-10 Sweep right foot around and turn 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 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 guick 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 1/2 turn left on (1) facing 3:00, hold 2
- 3-4& 1/4 turn left (12:00) and step forward, side right, cross left over right
- 5-6& Step side right turning 1/4 turn left facing 9:00, side left, cross right over left
- 7-8& Side left with 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
- Start a paddle turn to right by stepping on right turning to right, make a full paddle turn by 5-8 using left to push around &6&7& so you are again facing 6:00, step side right

### REPEAT





牆數:2