

The Shake Down

Count: 48

Wand: 4

Ebene: Beginner

Choreograf/in: Holly Susan (Boots) Groeschel (USA) & David Groeschel (USA)

Musik: Anyway the Wind Blows - Brother Phelps



KICK, ROCK STEP AND HEEL SPLITS

- 1 Kick right foot forward about 6" off floor
- 2 Rock step back with the right foot..
- 3 Step forward on the left foot
- 4 Stomp right foot next to left
- 5 Both heels outward (heel split)
- 6 Both heels inward (home)
- 7-8 Repeat 5-6

WIGGLES AND CLAPS

- 1 Step to the side with right
- 2-3 Shimmy body and slide left next to right
- 4 Clap
- 5 Step to the side with right
- 6 Shimmy body and slide left next to right
- 8 Clap

KICK, ROCK STEP AND HEEL SPLITS

- 1 Kick left foot forward about 6" off floor
- 2 Rock step back with left foot
- 3 Step forward on right foot
- 4 Stomp left foot next to right
- 5 Both heels outward (heel split.)
- 6 Both heels inward (home)
- 7-8 Repeat 5-6

WIGGLES AND CLAPS

- 1 Step to the side with left
- 2-3 Shimmy body and slide right next to left
- 4 Clap
- 5 Step to the side with left
- 6-7 Shimmy body and slide right next to left
- 8 Clap

TOE FANS AND HEEL STANDS

- 1 Fan right toe outward ¼ turn.
- 2 Return home
- 3 Fan left toe outward ¼ turn.
- 4 Return home
- 5 Raise toes of both feet slightly off floor
- 6 Toes down
- 7-8 Repeat 5-6

Hands: "hitch-hiker" thumb follows each toe fan. Heel stand: both Hands go up with both feet

JAZZ BOX, ¼ TURN AND BODY ROLL

- 1 Cross right foot over left

- 2 Step straight back on left
- 3 Stomp on right as you $\frac{1}{4}$ turn right
- 4 Stomp left next to right and slap both hands on your butt (or waist)
- 5-6 Roll hips to the left
- 7-8 Repeat 5-6

REPEAT
