

Shake Your Body

COPPER KNOB
STEPSHEETS

Count: 32

Wall: 1

Level: Absolute Beginner

Choreographer: Shuanta Porter (USA) - May 2025

Music: Shake Your Body (Down to the Ground) - The Jacksons : (Album: Destiny (expanded version))



[1-8] WALK TO R, WALK TO L

1-4 Step R to Side, Step L Across R, Step R to Side, Touch L

5-8 Step L to Side, Step R Across L, Step L to Side, Touch R

[9-16] WALK BACK, JUMP FORWARD, SHAKE HIPS

1-4 Walk Back L, R, L, Touch R

&5-8 Jump Fwd R, Jump Fwd L, Shake Hips for 3 Counts

[17-24] 1/4 PIVOT L (2X), JUMP FORWARD, SHAKE HIPS

1-4 Step R Fwd, 1/4 Pivot L, Step R Fwd, 1/4 Pivot L

&5-8 Jump Fwd R, Jump Fwd L, Shake Hips for 3 Counts

[25-32] 1/4 PIVOT L (2X), STEP & POINT (2X)

1-4 Step R Fwd, 1/4 Pivot L, Step R Fwd, 1/4 Pivot L

5-8 Step R Across L, Point L to Side, Step L Across R, Point R to Side

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