

Shake your Body!

拍数: 32 墙数: 4 级数: Absolute Beginner
编舞者: Ursula Traffelet (CH) - 19 February 2024
音乐: Shake Your Body (Down to the Ground) (Single Version) - The Jacksons : (the very Best of The Jacksons)



TAG: no
Restart: no

Dance starts after ooh after 16 counts with the Word "I don't know"

[1-8] R Vine, Touch, 2x Back Rock Recover

1,2,3,4 RF Step to R Side (1), cross L behind R (2), R step to R Side, Touch L next R
5,6,7,8 LF rock back, recover wight on RF, LF rock back, Recover wight on RF (12:00)

[9-16] L Vine, Touch, 2x Back Rock Recover

1,2,3,4 LF Step to L Side (1), cross R behind L (2), L step to L Side, Touch R next LF
5,6,7,8 RF rock back, recover wight on LF, rock back, Recover wight on LF (12:00)

[17-24] R Toe Touch fw, R Step, L Toe Touch fw, L Step, Jazz Box ¼Turn r

1,2,3,4 RF Point FW, RF Step down, LF Point FW, LF Step down
(optional Styling: keep Body angled to right side (1:30) & snap with right finger on 2 & 4)
5,6 RF Cross over LF, LF stepping back
7,8 ¼ Turn r RF Step to R Side (03:00), LF Step next to RF

[25-32] R Toe Touch, R Step on spot, L Toe Touch, L Step on spot, V Step

1,2,3,4 RF Point on spot (1), RF Step down (2), LF Point in Place (3), LF Step down (4)
(optional styling: on 2 Snap with your right finger on 4 Snap with your left finger)
5,6,7,8 RF Step out R diagonal, LF Step out L diagonal, step R back, step L together.
(optional styling: push hips out to R side (5), push hips out to L side (6))

Start again and Dancin' Fun!

Info: RF = Right Foot / LF = Left Foot

Ursula Traffelet – dancinfun@gmx.ch – <http://www.countrydance.ch>

Last Update - 20 Feb. 2024 - R1