

Shake It Down

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Kate Sala (UK) & Rob Fowler (ES) - February 2025
音乐: Shake It Down - Brad Chaser



(NO Tags or Restarts)

Intro: 16c (approx. 8s) – start on “night’s” in the opening lyric “shake it down the night’s alive”
Music available on: danztunz.com (approx. 4 weeks before all major music platforms)

S1: Step R Diag R, Touch L, Back L, Touch R, R Chasse, Back Rock, Recover

1,2,3,4 Step R to R diagonal, touch L next to R, step back L to L diagonal, touch R next to L
5&6 Step R to R side, step L next to R (&), step R to R side
7,8 Rock back on L, recover weight on R

S2: L Grapevine ¼ L With Brush, ¼ L Chasse R, Back Rock, Recover

1,2 Step L to L side, step R behind L
3,4 Make ¼ turn L stepping forward on L, brush R [9:00]
5&6 Make ¼ turn L stepping R to R side, step L next to R (&), step R to R side
7,8 Rock back on L, recover weight on R [6:00]

S3: L Scissor, Hold, R Scissor, Side L

1,2,3,4 Step L to L side, step R next to L, cross step L over R, hold
5,6,7,8 Step R to R side, step L next to R, cross step R over L, step L to L side

S4: Back Rock, Recover, R Kick Ball Cross, R Heel Grind ¼ R, R Sailor

1,2 Rock back on R, recover weight on L
3&4 Kick R forward, step down on ball of R next to L (&), cross step L over R
5 Rock forward on R heel twisting R toe from L to R making ¼ turn R
6 Recover weight back on L stepping L to L side
7&8 Step R behind L, step L to L side (&), step R to R side [9:00]

S5: Weave R, Cross Rock, Recover, L Chasse

1,2,3,4 Cross step L over R, step R to R side, step L behind R, step R to R side
5,6 Cross rock L over R, recover weight on R
7&8 Step L to L side, step R next to L (&), step L to L side

S6: Cross R, Hinge ½ Turn R, Cross L, R Side Rock, Recover, R Cross Shuffle

1,2 Cross step R over L, make ¼ turn R stepping back on L
3,4 Make ¼ turn R stepping R to R side, cross step L over R [3:00]
5,6 Rock R out to R side, recover weight on L
7&8 Cross step R over L, step L to L side (&), cross step R over L

S7: L Side Rock, Recover, L Behind, R Side Rock, Recover, R Behind, Side L, Step Fwd R (similar to section 7 of “J’ai Du Boogie”)

1,2,3,4 Rock L out to L side, recover weight on R, step L behind R, rock R out to R side
5,6,7,8 Recover weight on L, step R behind L, step L slightly to L side, step forward on R

S8: Rock Fwd, Recover, L Coaster, Step/Stomp Fwd R, Slow Pivot ½ Turn L

1,2 Rock forward on L, recover weight on R
3&4 Step back on L, step R next to L (&), step forward on L
5 Step/stomp forward on R
6,7,8 Make a slow ½ turn L over 3 counts ending with weight forward on L [9:00]

Start Over
