

SHAKE it Down, SHAKE it Down

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Val Saari (CAN) - February 2019
音樂: Brick House - The Commodores



MODIFIED RUMBA BOX FWD, ROCK/RECOVER SHUFFLE BACK PIVOT 1/2 R

1-2 Step LF to left side, Step RF beside LF
3&4 Step LF forward, Step RF beside L, Step LF in place
5-6 Rock RF forward, recover LF
7&8 Shuffle back RLR Pivot 1/2 R

LF ROCKING CHAIR, MAMBO LEFT, (CHA CHA CHA)

1-2 Rock LF forward, Recover RF
3-4 Rock LF back, Recover RF
5-6 LF Rock side left, RF recover
7&8 Step LF beside Right, Step RF in place, Step LF in place (cha, cha, cha)

DIAGONAL STEP-SLIDES FORWARD (RRLL)

1-2 Step RF diagonally forward, Slide LF beside R
3-4 Step RF diagonally forward, Slide LF beside R
5-6 Step LF diagonally forward, Slide RF beside L
7-8 Step LF diagonally forward, Slide RF beside L

CROSS MAMBO, CHA CHA CHA 1/4 PIVOT R, ROCKING CHAIR

1-2 RF Cross over L, LF Recover weight
3&4 RF step 1/4 pivot R, Step LF beside R, Step RF in place
5-6 Rock forward on LF, Recover RF
7-8 Step back on LF, Recover RF

REPEAT - No Tags, No Restarts

Email: valeriesaari@icloud.com - Phone: 1-905-246-5027
