

Shake Your Body

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Count: 64

Wall: 2

Level: Intermediate

Choreographer: Ross Brown (UK) May 2017

Music: Move Your Body by Jizz [Length - 3:29] CD: Move Your Body - Single (126 BPM)

Intro: 32 Counts

Step, Hitch, Jazz Jump, Touch, Kick Ball Cross, Side, Touch back.

- 1-2** Step forward right, hitch left knee.
- &3-4** Step left foot slightly back and to left side, step right to right side, touch left beside right.
- 5&6** Kick left to left diagonal, step left beside right, cross right over left.
- 7** Step left to left side (raising up onto balls of feet slightly)
- 8** Touch right toe behind left heel (lowering balls of feet and bending knees slightly)

Option - As you touch behind on count 8, look over your left shoulder and point both hands/index fingers towards the floor to your left.

Turn ¼ Right, Hold, Ball ½ Turn, Walk Back, Back Drag & Walk Forward.

- 1-2** Turn ¼ right stepping forward right, hold.
- &** Make ½ turn right stepping back left.
- 3-4** Walk back right-left.
- 5-6** Take big step back right, drag left towards right.
- &7-8** Close left to right stepping on ball of L, walk forward right-left.

Cross Rock, Vaudeville, Knee Pop, ¼ Point, ¼ Monterey Turn.

- 1-2** Cross rock right over left, recover weight on to left.
- &3** Step right to place, cross left over right.
- &4** Step right back to right diagonal, dig left heel to left diagonal.
- &5** Step left to place, touch right toe beside left turning knee in towards left leg.
- &6** Turn ¼ turn right stepping forward slightly right, point left to left side.
- 7-8** Make a ¼ turn left on the ball of right foot, closing left to right, point right to right side.

Press Forward, Hitch, Pony Step, Coaster Step, Step, Lock with Knee Pop.

- 1-2** Press right slightly across left, recover on left whilst hitching right back

- 3&4** Small step back on right, popping left knee, step right to place, small step back on right popping left knee.
- 5&6** Step back on left, close right to left, step forward left.
- 7-8** Take a long step forward right, lock left behind right, popping right knee forward.

Restart: after 16 Counts wall 5

TAG: 2 Count tag at the end of wall 9 - Repeat last 2 counts , Step lock with knee pop

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