

# Shake It Down!

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**Count:** 32                      **Wall:** 4                      **Level:** Improver - Hip Hop

**Choreographer:** Elke Kunze - January 2016

**Music:** "In My Head" by Jason Derulo, 110 bpm, one Restart

**Alt. Music: "Shake That" by Eminem feat. Nat Doog, 107 bpm,**

**No Tag No Restart, Fade The Music On 3:16,**

**-----Thanks to my Monday Group for finding the title-----**

**[1-8] Walk fwd 2, Touch, Step Back, Jump Back, Jump Back, Coaster Step**

- 1-2            Step R forward, step L forward
- 3-4            Touch right back behind left, step right back
- 5-6            Sweeping jump left back, sweeping jump right back (upper body bent a little forward)
- 7&8           Step left back, step right together left, step left slightly diag. forward- 12:00

**[9-16] Out Out, Swivel ¼ Right Left Right, Cross Side, Sailor Step**

- 1-2            Step right to right slightly forward, step left to left (out-out position)
- 3&4           Swivel feet+body ¼ right, ¼ left, ¼ right, right arm is bent upwards fist closed - 3:00
- 5-6            Step left cross over right, step right to right
- 7&8            Step left behind right, step right next to left, step left to left

**When using the music "In My Head" by Jason Derulo, restart here on wall 4 facing 12:00**

**[17-24] Cross, Back, Turn 1/2 right, Step Side, Cross Side, Hip Bumps, Rec. Hitch**

- 1-2            Step right cross over left, step left back
- 3-4 1/2 turn right stepping forw. on right, step left to left (out-out) - 9:00**
- 5&6&7 while leaning right-bump hip right, left, right, left, right and snap**
- 8              Recover to left and right hitch

**(Raise your arms bent at chest height, your elbows are pointing outwards, fists together inside out)**

## **[25-32] Step ½ Turn Left, Coaster Step, Touches x 4 With Arms**

- 1-2** Step right forward, step ½ turn left (weight right)
- 3&4** Coaster step - left-right-left - 3:00
- 5-6** Touch right forward, touch right to right, cross arms forw.-fingers pointing forw. palms down (5), arms stretched to side palms up (6)
- 7-8** Touch right forward, touch right together left, arms forw. & point index fingers forward, palms down (7), arms back on your body (8)

### **Repeat**

**Restart on wall 4 after 16 counts when using the music “In My Head”**

**Ending: When using the music “Shake That” after wall 11 count 30 like a ¼ Monterey turn right, left touch side and point index fingers forward - 12:00**

**Contact: e.l.kunze@t-online.de**