

Shake Your Body Down To The Ground

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Count: 64

Wall: 4

Level: Intermediate

Choreographer: Bambang Satiyawan (Bembi), The Universal Line Dance, Pusat-INA - October 2018

Music: Shake Your Body Down To The Ground by Michael Jackson

Start dance on vocal,

I. CROSS-COASTER STEP-HITCH-COASTER STEP-PIVOT

- 1 - 2& Cross R over L, Step L back, Close R beside L
3 - 4 Step L forward, Hitch your R
5 & 6 Step R back, Close L beside R, Step R forward
7 - 8 Step L forward, Turn $\frac{1}{4}$ right Step R in place (03.00)

II. CROSS-KICK-BEHIND-SIDE-CROSS-SIDE TOUCH-TURN-HOLD-COASTER STEP

- 1 - 2 Cross L over R, Kick R diagonal forward
3 & 4 Cross R behind L, Step L to side, Cross R over L
5 & 6 Touch L to side, Turn $\frac{1}{4}$ left weight on R and Point your L in place, Hold (12.00)
7 & 8 Step L back, Close R beside L, Step L Forward

***RESTART here on wall 2**

III. DOROTHY-PIVOT-SKATE

- 1 - 2& Step R diagonal forward, Lock L behind R, Step R diagonal forward
3 - 4& Step L diagonal forward, Lock R behind L, Step L diagonal forward
5 - 6 Step R forward, Turn $\frac{1}{2}$ left Step L in place (06.00)
7 - 8 Skate R diagonal forward, Skate L diagonal forward

IV. ROCK RECOVER-TURN-WALK-SIDE-DRAG

- 1 & 2 Rock R forward, Recover on L, Turn $\frac{1}{2}$ right step R forward (12.00)
3 - 4 Walk L-R
5 - 8 Step L long to side, Drag R to L for 3 counts

***RESTART here on wall 4 & 6**

V.CLOSE BEHIND-CROSS-HOLD-SIDE-BEHIND-TURN-FLICK-LOCK SHUFFLE-TURN SCISSOR

- &1 - 2** Close R slightly behind L, Cross R over L, Hold
- &3 - 4** Step R to side, Cross touch L behind R, Turn ½ left Step L in place n Flick R (06.00)
- 5 & 6** Step R forward, Lock L behind R, Step L forward
- 7 & 8** Turn ¼ right Step L to side, Close L slightly behind R, Cross L over R (09.00)

VI.SIDE-CLOSE-HOLD-CROSS-SIDE-CROSS FLICK-CHASSE-JAZZBOX TURN

- &1 - 2** Step R to side, Close L beside slightly behind R, Hold (body angle to 07.30)
- &3 - 4** Step Cross R over L, Step L to side, Flick R cross behind L (09.00)
- 5 & 6** Step R to side, Close L beside R, Step R to side
- 7 & 8** Cross L over R, Turn ¼ left Step R back, Step L to side (06.00)

VII.HITCH-STOMP-HOLD-CLOSED-FORWARD-TOUCH-BACK LOCK SHUFFLE-TURN- FORWARD-CLOSE

- &1 - 2** Hitch R, Stomp R forward, Hold (switch Change weight to L)
- &3 - 4** Close R beside L, Step L forward, Touch R behind L
- 5 & 6** Step R back, Lock L over R, Step R back
- 7 - 8** Turn ½ left Step L forward, Close R beside L (12.00)

VIII.OUT-OUT-HOLD-CLOSE BEHIND-CROSS-KICK-BEHIND-SIDE-CROSS-TOUCH-TURN- CLOSE

- &1 - 2** Open L to side, Open R to side, Hold (switch change weight to L)
- &3 - 4** Close R behind L, Cross L over R, Kick R diagonal forward
- 5 & 6** Cross R behind L, Step L to side, Cross R over L
- 7 - 8** Touch L to side, Turn ¼ left Close L beside R (09.00)

Restart on wall 2,4 & 6

Enjoy the dance,

Contact : bambang.1709@gmail.com