

MOVE SHAKE AND DROP

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Count: 48 **Wall:** 4 **Level:** Beginner

Choreographer: Regina Cheung Canada (09/2008)

Music: Move, Shake, Drop by DJ Laz feat Pitbull & Flo Rida

Count In: 32 counts intro from start of track

Thanks to Rachael McEnaney & Jessica Langstaff for their dance JR Drop, which inspired the first four counts of my choreographed dance for my beginners students.

(1 - 8) Dance starts with feet apart! twist right, twist left, twist right x 2, and, jazz box

& 1 & 2 twist right heel in towards left (&), return right heel to place (1), twist left heel in towards right (&), return left heel to place

& 3 & 4 twist right heel in towards left (&), return right heel to place (3), twist right heel in towards left (&), return right heel to place (4)

& 5 6 7 8 step slightly back on left foot, cross right over left, stepping back on left, step right to right side, step left forward [12.00]

(9 - 16) R side, together, L side, together, twist left, left coaster step

1 2 step right out to right side, step right next to left

3 4 step left out to left side, step left next to right

5 6 twist both feet to left, twist back to centre (weight on R)

7 & 8 step back on left, step right next to left, step forward on left [12.00]

(17 - 24) Vine Steps - R side, L behind, R side, stomp L beside R; L side, R behind, L side, stomp R beside L

1 2 3 4 right to right side, left behind right, right side again, stomp L beside

5 6 7 8 left to left side, right behind left, left side again, stomp R beside [12.00]

(25 - 32) R side step & L side step &, R forward step & L forward step &, R forward 1/2 turn left, R forward 1/2 turn left

1 & 2 & right out, back together, left out, back together

3 & 4 & right step forward, back together, left step forward, back together

5 6 7 8 right forward 1/2 turn left, right forward 1/2 turn left (weight on L) [12.00]

(33 - 40) R out, L out, R in, L in, jazz box 1/4 turn right

1 2 step right out, step left out (shoulder width)

3 4 step right in, close left next to right

5 6 step right across left, left back 1/4 turn right

7 8 step right to side, step left to side [3.00]

(41 - 48) right sailor, left sailor, R out, L out, knees pop 2 times

1 & 2 right step behind left, left step left, right step right

3 & 4 left step behind right, right step right, left step left

5 6 step right out, step left out

7 8 knees pop twice (weight on left) [3.00]

Prepare to twist your feet for the first bar

RESTART

Tag - Wall 9 [12.00] :

1 - 4 bump Hips to right X 2, bump hips to left X 2

5 - 8 bump Hips to right X 2, bump hips to left X 2

9 - 16 roll hips counterclockwise X 2, shake hip to right and left with fingers up (singing - nothing wrong & nothing wrong)

17 - 32 Repeat 1 - 16 again

33 - 48 Repeat 33 - 48 of the main dance

Ending : 9:00, do 3 bounces from 9:00 to 12:00 :-)

START AGAIN, HAVE FUN!

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=76735