

'Shake It Down'

Choreographed by: *Dee Musk* (March 2006) deemusk@btinternet.com

Dance: 40 Count 4 Wall Intermediate – One Restart and One 4 Count Tag.

Choreographed to: "Shaken" by Rachael Lampa – Live For You Album

48 count Intro from heavy beat – Start on main vocals.

CROSS BACK CHASSE R, CROSS BACK CHASSE L.

- 1,2 Cross R over L, step back on L.
- 3&4 Step R to R side, close L beside R, step R to R side.
- 5,6 Cross L over R, step back on R.
- 7&8 Step L to L side, close R beside L, step L to L side. (12 o'clock).

WALK R, WALK L, SHUFFLE FORWARD R, ½ PIVOT R, FULL TURN R.

- 1,2 Walk forward R, walk forward L.
- 3&4 Step forward on R, close L beside R, step forward on R.
- 5,6 Step forward on L, make a ½ turn R. (Weight forward on R).
- 7&8 Make a ½ turn R stepping back on L, make a ½ turn R stepping forward on R. (Or walk L R). (6 o'clock).

FORWARD MAMBO, BACK TOGETHER LOCK STEP, STEP, STEP PIVOT STEP.

- 1&2 Rock forward on L, recover weight to R, step back on L.
- 3& Step back on R, close L beside R.
- 4&5 Step forward on R, cross L behind R, step forward on R.
- 6 Step forward on L.
- 7&8 Step forward on R, make a ½ turn L, step forward on R. (12 o'clock).

L LOCK STEP, L ¼ TURN WITH SIDE ROCK RECOVER, CROSS, ¼ TURN L, ¼ TURN L, CROSS.

- 1&2 Step forward on L, cross R behind L, step forward on L.
- 3,4 Making a ¼ turn L rock out to R, recover weight to L.
- 5 Cross R over L.
- 6,7 Making a ¼ turn R step back on L, making a ¼ turn R step R to R side.
- 8 Cross L over R. (3 o'clock).

SIDE ROCK & CROSS, SIDE ROCK & FORWARD TOUCH, TOGETHER FORWARD TOUCH, TOGETHER FORWARD TOUCH, L COASTER STEP.

- 1&2 Rock R out to R side, recover weight to L, cross R over L.
- 3&4 Rock L out to L side, recover weight to R, touch L toe forward.
- &5&6 Step L beside R, touch R toe forward, step R beside L, touch L toe forward. (Travel slightly forward on these touches).
- 7&8 Step back on L, step R beside L, step forward on L. (3 o'clock).

Restart at end of wall 2 facing 6 o'clock just dance the first 8 counts then start again from count 1. Tag at end of wall 3 facing 9 o'clock – 4 walks forward.

Tag

1-4 Walk forward R, L, R, L.

It's a cool track with a great intro, do what you feel and make it fun! Luv Dee xx

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