

## Shake Him Off

INTERMEDIATE

32 Count 2 Walls

Choreographed by: Mathew Sinyard

Choreographed to: Shake It

Out by Florence And The Machine

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**INTRO** Start on the first beat - When she sings 'It's always darkest before the DAWN' Start on the word dawn approx 38 seconds in.

**Section 1 Side, Behind & Cross Unwind, Side, 1/4, Shuffle 3/4.**

- 1 - 2 Step right foot to right side, cross left foot behind right.  
& 3 - 4 Step right foot to right side, cross left foot in front of right foot, unwind a 1/2 turn right.  
5 - 6 Cross left foot in front of right foot, step right foot to right side making a 1/4 turn left.  
7 & 8 Shuffle back left right left making a 3/4 turn left.

**Section 2 Side, Behind & Cross Unwind, Side, 1/4, Shuffle 1/2.**

- 1 - 2 Step right foot to right side, cross left foot behind right.  
& 3 - 4 Step right foot to right side, cross left foot in front of right foot, unwind a 1/2 turn right.  
5 - 6 Cross left foot in front of right foot, step right foot to right side making a 1/4 turn left.  
7 & 8 Shuffle back left, right, left making a 1/2 turn left.

**Section 3 Over, Side, Sailor Heel & Cross Rock & Heel & Cross.**

- 1 - 2 Cross Right foot over left, step left foot to left side.  
3 & 4 Sailor Heel -- Cross right foot behind left foot and step left foot slightly to the left, place right heel forward on a right diagonal.  
& 5 - 6 (keeping the diagonal Position), Step right foot beside left, rock forward on left foot, recover onto right.  
& 7 & 8 (Still keeping the diagonal Position), Step Left foot beside right foot and place right heel forward and cross left foot over right foot.

**Section 4 Side rock, Recover, Behind 1/4 step, Rock Recover Shuffle 1/2.**

- 1 - 2 Rock right foot to right side (straighten up out of diagonal), recover onto left foot.  
3 & 4 Cross right foot behind left and step left to left side making a 1/4 turn left, step forward right.  
5 - 6 Rock forward on left foot, recover onto right foot.  
7 & 8 Shuffle back left, right, left making a 1/2 turn left.

**\* BRIDGE \* At The End Of Wall 8 - Dance Section 1 Twice, Then Restart The Dance.**

**\*Section 1\* Side, Behind & Cross Unwind, Side, 1/4, Shuffle 3/4.**

- 1 - 2 Step right foot to right side, cross left foot behind right.  
& 3 - 4 Step right foot to right side, cross left foot in front of right foot, unwind a 1/2 turn right.  
5 - 6 Cross left foot in front of right foot, step right foot to right side making a 1/4 turn left.  
7 & 8 Shuffle back making a 3/4 turn left.