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## Shake Your Body

64 Count, 2 Wall, Intermediate

Choreographer: Ross Brown (UK) May 2017

Choreographed to: Move Your Body by Jizz

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### Intro: 32 Counts (Approx. 15 Seconds)

#### Section 1: Scuff Out Out. Touch Ball Cross. Chasse Right. Back Rock.

1 & 2 Scuff right foot forward past left, step right to the right, step left to the left.  
3 & 4 Touch right next to left, step right next to left, cross step left over right.  
5 & 6 Step right to the right, close left up to right, step right to the right.  
7 – 8 Rock back with left, recover onto right. (12 O'clock)

#### Section 2: Back ¼ Turn R, Forward ¼ Turn R. Side Rocks L & R. Forward Rock.

1 – 2 Make a ¼ turn right stepping back with left, make a ¼ turn right stepping forward with right.  
3 – 4 & Rock left to the left, recover onto right, step left next to right.  
5 – 6 – 7 – 8 Rock right to the right, recover onto left, rock forward with right, recover onto left. (6 O'clock)

#### Section 3: Bouncing Walk Backs R, L, R. Coaster Step.

1 & 2 Step back with right bouncing down, up, down.  
3 & 4 Step back with left bouncing down, up, down.  
5 & 6 Step back with right bouncing down, up, down.  
7 & 8 Step back with left, step right next to left, step forward with left. (6 O'clock)

#### Section 4: Step. Scuff Ball Step. Point Forward, Back. Swivet Style Twist 3/8 Turn L.

1 Step forward with right.  
2 & 3 Scuff left foot forward past right, step left next to right, step forward with right.  
4 – 5 Point left toe forward, point left toe back (not too far).  
6 – 7 Twist left heel to the right and right toe to the left, twist left heel to the left and right toe to the right.  
8 Make a 3/8 turn left twisting left heel to the right and right toe to the left. (Weight ends on left) (1:30)

#### Section 5: Step With Sweep. Jazz Box ¼ Turn L. X2.

1 Step forward with right (and sweep forward with left).  
2 – 3 – 4 Cross step left over right, make a ¼ turn left stepping back with right, step left to the left. (10:30)  
5 – 8 Repeat Counts 1 – 4 of this Section. (7:30)

#### Section 6: Jazz Box ¼ Turn R. Jazz Box 1/8 Turn R. Heel Bounce.

1 – 2 Cross step right over left, make a ¼ turn right stepping back with left. (10:30)  
3 – 4 Step right to the right, step forward with left.  
5 – 6 – 7 Cross step right over left, make an 1/8 turn right stepping back with left, step right to the right.  
& 8 Lift both heels, drop both heels. (Weight ends on right) (12 O'clock)

#### Section 7: Cross Shuffle. Side Rock. X2.

1 & 2 Cross step left over right, close right up to left, cross step left over right.  
3 – 4 Rock right to the right, recover onto left.  
5 & 6 Cross step right over left, close left up to right, cross step right over left.  
7 – 8 Rock left to the left, recover onto right. (12 O'clock)

#### Section 8: Behind, Side, Forward. Rock Forward, Ball. Point Back, Unwind ½ Turn L. Coaster Step.

1 & 2 Cross step left behind right, step right to the right, step forward with left.  
3 – 4 & Rock forward with right, recover onto left, step right next to left.  
5 – 6 Point left toe back, unwind a ½ turn left keeping weight back on right.  
7 & 8 Step back with left, step right next to left, step forward with left. (6 O'clock)

### End Of Dance!