



Shake Your Body!

32 Count 4 Wall Absolute Beginner Level Dance.

Choreographed by: Ursula Traffelet (CH) Feb 2024

Choreographed to: Shake Your Body (Down To The Ground) by The Jacksons

Intro: 32 Counts. Start at approx 17 secs.

Remember to Vote for your favourite dances in the Linedancer Charts.

SEC 1 VINE, TOUCH, BACK ROCK X2

- 1-2 RF Step to R Side, cross L behind R
- 3-4 R step to R Side, Touch L next R
- 5-6 LF rock back, recover wight on RF
- 7-8 LF rock back, Recover wight on RF

SEC 2 VINE, TOUCH, BACK ROCK X2

- 1-2 LF Step to L Side, cross R behind L
- 3-4 L step to L Side, Touch R next LF
- 5-6 RF rock back, recover wight on LF
- 7-8 RF rock back, Recover wight on LF

SEC 3 TOE STRUT, TOE STRUT, JAZZ BOX ¼TURN

- 1-2 RF Point FW, RF Step down
- 3-4 LF Point FW, LF Step down
- 5-6 RF Cross over LF, LF stepping back
- 7-8 ¼ Turn R RF Step to R Side, LF Step next to RF (3:00)

SEC 4 TOE TOUCH, STEP ON SPOT, TOE TOUCH, STEP ON SPOT, V STEP

- 1-2 RF Point on spot, RF Step down
- 3-4 LF Point in Place, LF Step down
- 5-6 RF Step out R diagonal, LF Step out L diagonal
- 7-8 Step R back, step L together

