

# Shake It Down!

Januar 2016

Choreographed by Elke Kunze

32 count, 4-wall, low intermediate hip hop line dance

Music: "In My Head" by Jason Derulo, 110 bpm, one restart

Music: "Shake That" by Eminem feat. Nat Doog, 107 bpm, no tag no restart, fade the music on

3:16, -----Thanks to my Monday Group for find the title-----

1-8 Walk fwd 2, Touch, Step Back, Jump Back, Jump Back, Coaster Step

1-2 Step R forward, step L forward

3-4 Touch right back behind left, step right back

5-6 Sweeping jump left back, sweeping jump right back (upper body bent a little forward)

7&8 Step left back, step right together left, step left slightly diag. forward 12:00

## 9-16 Out Out, Swivel ¼ Right Left Right, Cross Side, Sailor Step

1-2 Step right to right slightly forward, step left to left (out-out position)

3&4 Swivel feet+body ¼ right, ¼ left, ¼ right, right arm is bent upwards fist closed 3:00

5-6 Step left cross over right, step right to right

7&8 Step left behind right, step right next to left, step left to left

When using the music "In My Head" by Jason Derulo, restart here on wall 4 facing 12:00

## 17-24 Cross, Back, Turn 1/2 right, Step Side, Cross Side, Hip Bumps, Rec. Hitch

1-2 Step right cross over left, step left back

3-4 1/2 turn right stepping forw. on right, step left to left (out-out) 9:00

5&6&7 while leaning right-bump hip right, left, right, left, right and snap

8 Recover to left and right hitch (Raise your arms bent at chest height, your elbows are pointing outwards, fists together inside out)

## 25-32 Step ½ Turn Left, Coaster Step, Touches x 4 With Arms

1-2 Step right forward, step ½ turn left (weight right)

3&4 Coaster step – left-right-left 3:00

5-6 Touch right forward, touch right to right

cross arms forw.-fingers pointing forw. palms down (5), arms stretched to side palms up (6)

7-8 Touch right forward, touch right together left

arms forw. & point index fingers forward, palms down (7), arms back on your body (8)

## Repeat

Restart on wall 4 after 16 counts when using the music "In My Head"

Ending: When using the music "Shake That" after wall 11 count 30 like a ¼ Monterey turn right, left touch side and point index fingers forward 12:00