

SHAKE it Down, SHAKE it Down

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Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Val Saari (Canada, February 2019)

Music: Brick House - Commodores

MODIFIED RUMBA BOX FWD, ROCK/RECOVER SHUFFLE BACK PIVOT 1/2 R

- 1-2 Step LF to left side, Step RF beside LF
- 3&4 Step LF forward, Step RF beside L, Step LF in place
- 5-6 Rock RF forward, recover LF
- 7&8 Shuffle back RLR Pivot 1/2 R

LF ROCKING CHAIR, MAMBO LEFT, (CHA CHA CHA)

- 1-2 Rock LF forward, Recover RF
- 3-4 Rock LF back, Recover RF
- 5-6LF Rock side left, RF recover**
- 7&8 Step LF beside Right, Step RF in place, Step LF in place (cha, cha, cha)

DIAGONAL STEP-SLIDES FORWARD (RLL)

- 1-2 Step RF diagonally forward, Slide LF beside R
- 3-4 Step RF diagonally forward, Slide LF beside R
- 5-6 Step LF diagonally forward, Slide RF beside L
- 7-8 Step LF diagonally forward, Slide RF beside L

CROSS MAMBO, CHA CHA CHA 1/4 PIVOT R, ROCKING CHAIR

- 1-2RF Cross over L, LF Recover weight**
- 3&4RF step 1/4 pivot R, Step LF beside R, Step RF in place**
- 5-6 Rock forward on LF, Recover RF
- 7-8 Step back on LF, Recover RF

REPEAT - No Tags, No Restarts

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