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Move Shake And Drop

48 Count, 4 Wall, Beginner Choreographer: Regina Cheung (Canada) Sept 2008 Choreographed to: Move, Shake, Drop by DJ Laz feat

Pitbull & Flo Rida

Count In: 32 counts intro from start of track

1-8 &1&2 &3&4 &5678	Dance starts with feet apart! twist right, twist left, twist right x 2, and, jazz box twist right heel in towards left (&), return right heel to place (1), twist left heel in towards right (&), return left heel to place twist right heel in towards left (&), return right heel to place (3), twist right heel in towards left (&), return right heel to place (4) step slightly back on left foot, cross right over left, stepping back on left, step right to right side, step left forward [12.00]
9-16 12 34 56 7&8	R side, together, L side, together, twist left, left coaster step step right out to right side, step right next to left step left out to left side, step left next to right twist both feet to left, twist back to centre (weight on R) step back on left, step right next to left, step forward on left [12.00]
17 – 24 1 2 3 4 5 6 7 8	Vine Steps - R side, L behind, R side, stomp L beside R; L side, R behind, L side, stomp R beside L right to right side, left behind right, right side again, stomp L beside left to left side, right behind left, left side again, stomp R beside [12.00]
25 - 32 1 & 2 & 3 & 4 & 5 6 7 8	R side step & L side step &, R forward step & L forward step &, R forward 1/2 turn left, forward 1/2 turn left right out, back together, left out, back together right step forward, back together, left step forward, back together right forward 1/2 turn left, right forward 1/2 turn left (weight on L) [12.00]
33 – 40 12 34 56 78	R out, L out, R in, L in, jazz box 1/4 turn right step right out, step left out (shoulder width) step right in, close left next to right step right across left, left back 1/4 turn right step right to side, step left to side [3.00]
41 – 48 1 & 2 3 & 4 5 6 7 8	right sailor, left sailor, R out, L out, knees pop 2 times right step behind left, left step left, right step right left step behind right, right step right, left step left step right out, step left out knees pop twice (weight on left) [3.00] Prepare to twist your feet for the first bar
Tag - Wall 9 1 - 4 5 - 8 9 - 16 17 - 32 33 - 48	[12.00]: bump Hips to right X 2, bump hips to left X 2 bump Hips to right X 2, bump hips to left X 2 roll hips counterclockwise X 2, shake hip to right and left with fingers up (singing – nothing wrong & nothing wrong) Repeat 1 – 16 again Repeat 33 - 48 of the main dance
Ending:	9:00, do 3 bounces from 9:00 to 12:00 :-)

Thanks to Rachael McEnaney & Jessica Langstaff for their dance JR Drop, which inspired the first four counts of my choreographed dance for my beginners students.