



Shake Your Body

32 Count 4 Wall Absolute Beginner Level Dance.

Choreographed by: Jo Kinser (UK) Oct 2025

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

Intro: 32 Counts. Start at approx 16 secs.

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

SEC 1 CROSS, POINT, CROSS, POINT, CROSS, POINT, CROSS, POINT

1-2 RF cross over L, LF touch to L side

3-4 LF cross over R, RF touch to R side

5-6 RF cross over L, LF touch to L side

7-8 LF cross over R, RF touch to R side

Option Claps on counts 2, 4, 6, 8

SEC 2 BACK, TOUCH FORWARD, BACK, TOUCH FORWARD, BACK, TOUCH FORWARD, BACK, TOUCH FORWARD

1-2 RF step back, LF touch forward

3-4 LF step back, RF touch forward

5-6 RF step back, LF touch forward

7-8 LF step back, RF touch forward

Option Raise hip on counts 2, 4, 6, 8

Restart Here on Wall 3

SEC 3 SIDE, TOUCH, SIDE, TOUCH, V STEP

1-2 RF step to R side, LF touch next to R

3-4 LF step to L side, RF touch next to L

5-6 RF step forward to R diagonal, LF step forward to L diagonal

7-8 RF step back to centre, LF step next to R

SEC 4 ROCKING CHAIR, STEP, HEEL BOUNCES $\frac{1}{4}$

1-2 RF rock forward, LF recover

3-4 RF rock back, LF recover

5 RF step forward

6-7-8 Bounce heels 3x making $\frac{1}{4}$ turn L (9:00)



Remember to Vote for your favourite dances at www.linedancerweb.com

www.linedancefoundation.com, www.linedancer-radio.com, www.crystalbootawards.com

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