

SHAKE YOUR BODY DOWN

An Easy Clogging Line Dance

Music: "Shake Your Body Down" by the Jackson 5

Choreography: Jeff Driggs, Winfield, West Virginia

Left Foot Lead - Wait 16 Beats

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Intro

S (F) S (B) S (F) S (B) S (F) S (B) S (F) S (B)
 L R L R L R L R
 1 2 3 4 5 6 7 8

Intro

Florida Rocking Chair
*Hands rock forward, back
 turning 1/4 left on each*

PART A (verse)

DS DS (XIF) DS DS (XIB) DS DS (XIF) DS R S
 L R L R L R L R L
 &1 &2 &3 &4 &5 &6 &7 &8

DS R (XIB) S DS R (XIB) S DS DS DS R S
 R L R L R L R L R L R
 &1 & 2 &3 & 4 &5 &6 &7 &8

Repeat Clogover Vine, Boogie Basics and Triple

PART A (verse)

Clogover Vine
moving Left

Boogie Basics, Triple Turn
turn 1/2 right

Repeat to Front

Part B (chorus)

STOMP DS DS R S (point up) TWIST HEELS RIGHT X 4
 L R L R L Both.....
 &1 &2 &3 &4 ..5.....6.....7.....8

Repeat Stomp Double Turn and Shake to face four walls

Part B (chorus)

Stomp Double Turn, Shake
*turn 1/4 left on Stomp
 snap right finger to right x 4*

Repeat to face four walls

Repeat Intro

Florida Rocking Chair 1/4
 Florida Rocking Chair 1/4
 Florida Rocking Chair 1/4
 Florida Rocking Chair 1/4

Repeat Part A (verse)

Clogover Vine
 Boogie Basics, Triple Turn
 Clogover Vine
 Boogie Basics, Triple Turn

Repeat Part B (chorus)

Stomp Double Turn 1/4, Shake
 Stomp Double Turn 1/4, Shake
 Stomp Double Turn 1/4, Shake
 Stomp Double Turn 1/4, Shake

Break 1

Start RIGHT FOOT, walk 5 slow steps (beats each) in a circle to the left

S S S S S on both feet turn to face front
 R L R L R Both
 1 2 3 4 5 6 7 8 9 &

S (XIB) S S TCH (OTS) both hands circle up & over
 L R L R
 10 & 11 12 14 15 16

Break 1

Slow Walk, Turn and Touch

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	Repeat Intro Florida Rocking Chair 1/4 Florida Rocking Chair 1/4 Florida Rocking Chair 1/4 Florida Rocking Chair 1/4
	Repeat Part A (verse) Clogover Vine Boogie Basics, Triple Turn Clogover Vine Boogie Basics, Triple Turn
	Repeat Part B (chorus) Stomp Double Turn 1/4, Shake Stomp Double Turn 1/4, Shake Stomp Double Turn 1/4, Shake Stomp Double Turn 1/4, Shake
Break 2 DS R S R S R S STAMP (F) /Head: Bob-Bob-Bob-Bob L R L R L R L R &1 & 2 & 3 & 4 5..6..7..8 DS R S R S R S STAMP (F) /Head: Bob-Bob-Bob-Bob R L R L R L R L &1 & 2 & 3 & 4 5..6..7..8	Break 2 Airplane 1/4 L, Hand on R Knee <i>Bob head forward x 4</i> Airplane 1/4, Point Forward L <i>Bob head forward x 4</i>
	Repeat Intro Florida Rocking Chair 1/4 Florida Rocking Chair 1/4 Florida Rocking Chair 1/4 Florida Rocking Chair 1/4
	Repeat Part A (verse) Clogover Vine Boogie Basics, Triple Turn Clogover Vine Boogie Basics, Triple Turn
	Repeat Part B (chorus) Stomp Double Turn 1/4, Shake Stomp Double Turn 1/4, Shake Stomp Double Turn 1/4, Shake Stomp Double Turn 1/4, Shake
	Repeat Break 2 Airplane 1/4 L, Hand on R Knee/Bob Airplane 1/4, Point Forward L/Bob
	Repeat Intro Florida Rocking Chair 1/4 Florida Rocking Chair 1/4 Florida Rocking Chair 1/4 Florida Rocking Chair 1/4
	Repeat Part B (chorus) Stomp Double Turn 1/4, Shake Stomp Double Turn 1/4, Shake Stomp Double Turn 1/4, Shake Stomp Double Turn 1/4, Shake