

# 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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<p><b>Intro</b></p> <p>S (F) S (B) S (F) S (B) S (F) S (B) S (F) S (B)</p> <p>L R L R L R L R</p> <p>1 2 3 4 5 6 7 8</p>	<p><b>Intro</b></p> <p>Florida Rocking Chair Hands rock forward, back turning 1/4 left on each</p>
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<p><b>PART A (verse)</b></p> <p>DS DS (XIF) DS DS (XIB) DS DS (XIF) DS R S</p> <p>L R L R L R L R L</p> <p>&amp;1 &amp;2 &amp;3 &amp;4 &amp;5 &amp;6 &amp;7 &amp;8</p> <p>DS R (XIB) S DS R (XIB) S DS DS DS R S</p> <p>R L R L R L R L R</p> <p>&amp;1 &amp; 2 &amp;3 &amp; 4 &amp;5 &amp;6 &amp;7 &amp; 8</p> <p>Repeat Clogover Vine, Boogie Basics and Triple</p>	<p><b>PART A (verse)</b></p> <p>Clogover Vine moving Left</p> <p>Boogie Basics, Triple Turn turn 1/2 right</p> <p>Repeat to Front</p>
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<p><b>Part B (chorus)</b></p> <p>STOMP DS DS R S (point up) TWIST HEELS RIGHT X 4</p> <p>L R L R L Both.....</p> <p>&amp;1 &amp;2 &amp;3 &amp;4 ...5.....6.....7.....8</p> <p>Repeat Stomp Double Turn and Shake to face four walls</p>	<p><b>Part B (chorus)</b></p> <p>Stomp Double Turn, Shake turn 1/4 left on Stomp snap right finger to right x 4</p> <p>Repeat to face four walls</p>
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	<p><b>Repeat Intro</b></p> <p>Florida Rocking Chair 1/4 Florida Rocking Chair 1/4 Florida Rocking Chair 1/4 Florida Rocking Chair 1/4</p>
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	<p><b>Repeat Part A (verse)</b></p> <p>Clogover Vine Boogie Basics, Triple Turn Clogover Vine Boogie Basics, Triple Turn</p>
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	<p><b>Repeat Part B (chorus)</b></p> <p>Stomp Double Turn 1/4, Shake Stomp Double Turn 1/4, Shake Stomp Double Turn 1/4, Shake Stomp Double Turn 1/4, Shake</p>
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<p><b>Break 1</b></p> <p>Start RIGHT FOOT, walk 5 slow steps (beats each) in a circle to the left</p> <p>S S S S S on both feet turn to face front</p> <p>R L R L R Both</p> <p>1 2 3 4 5 6 7 8 9 &amp;</p> <p>S (XIB) S S TCH (OTS) both hands circle up &amp; over</p> <p>L R L R</p> <p>10 &amp; 11 12 14 15 16</p>	<p><b>Break 1</b></p> <p>Slow Walk, Turn and Touch</p>
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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  
Bob head forward x 4

Airplane 1/4, Point Forward L  
Bob head forward x 4

## 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