



Move It, Shake It, Drop It

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Information: 32 Counts, 4 wall, Improver Funky.
Choreographers: Adam Åstmar (SE).
Music: "Move, Shake, Drop" by Dj Laz, Flo Rida, Casely (3:10) ~ 128 bpm.
Intro: 32 counts from start of track, approx. 15 seconds.

Information: Restart occurs after 16 counts on wall 9 facing 3'00.

Section	Steps & Explanations	End Facing
Sect – 1	Jump Fwd. Hold. Shake Body. Drop & Roll. Coaster Step.	
1 – 2	Jump forward on both feet, placing weight mostly on LF (1). Hold (2).	12'00
3 & 4	Shake body, hips, shoulders or whatever you feel like (3 & 4).	12'00
5 – 6	Bend knees and push hips back (5). Straighten knees and return hips to center (6).	12'00
7 & 8	Step back on RF (7). Close LF next to RF (&). Step forward on RF (8).	12'00
Sect – 2	Step 1/4 Turn. Cross Shuffle. 2x Side, Together.	
1 – 2	Step forward on LF (1). Turn ¼ R place weight on RF (2).	3'00
3 & 4	Cross LF over RF (3). Step to R on RF (&). Cross LF over RF (4).	3'00
5 – 6	Step to R on RF (5). Close LF next to RF (6).	3'00
7 – 8	Step to R on RF (7). Close LF next to RF (8).	3'00
Note!	Restart occurs here on wall 9 facing 3'00	
Sect – 3	Side Stomp. Hold. Touch, Ball, Touch. V-Step.	
1 – 2	Stomp to R on RF (1). Hold (2).	3'00
3 & 4	Touch LF next to RF (3). Ball step to L on LF (&). Touch R next to LF (4).	3'00
5 – 6	Step to R diagonal on RF (5). Step to L diagonal on LF (6).	3'00
7 – 8	Step back on RF (7). Close LF next to RF (8).	3'00
Sect – 4	2x Step ½ Turn. Jump Both Feet R, L, Fwd, Back.	
1 – 2	Step forward on RF (1). Turn ½ L place weight on LF (2).	9'00
3 – 4	Step forward on RF (3). Turn ½ L place weight on LF (4).	3'00
5 – 6	Jump to R side with both feet together (5). Jump to L side with both feet together (6).	3'00
7 – 8	Jump forward with both feet together (7). Jump back with both feet together (8).	3'00
Optional	<p>Counts 1-4: Instead of Turning, replace the step turns with a Rocking chair on RF</p> <p>Counts 5-8: Replace jumps with ball touches: & 5: Ball step to R on RF (&). Touch LF next to RF (5). & 6: Ball step to L on LF (&). Touch RF next to LF (6). & 7: Ball step forward on RF (&). Touch LF next to RF (7). & 8: Ball step back on LF (&). Touch RF next to LF (8).</p>	

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.