

Shake Him Off

In Line We Dance

32 count 4 wall Intermediate line dance

Intro - Start on the first beat - When she sings 'It's always darkest before the Dawn' Start on the word dawn approx 38 seconds in.

Choreographed to - Shake it out By Florence And The Machine

Album - Available on iTunes

Choreographed by - Mat Sinyard UK (In Line We Dance) October 2011

COUNT	FOOTWORK
Section 1	Side, Behind & Cross Unwind, Side, 1/4, Shuffle 3/4.
1 - 2 & 3 - 4 5 - 6 7 & 8	Step right foot to right side, cross left foot behind right. Step right foot to right side, cross left foot in front of right foot, unwind a 1/2 turn right. Cross left foot in front of right foot, step right foot to right side making a 1/4 turn left. Shuffle back left right left making a 3/4 turn left.
Section 2	Side, Behind & Cross Unwind, Side, 1/4, Shuffle 1/2.
1 - 2 & 3 - 4 5 - 6 7 & 8	Step right foot to right side, cross left foot behind right. Step right foot to right side, cross left foot in front of right foot, unwind a 1/2 turn right. Cross left foot in front of right foot, step right foot to right side making a 1/4 turn left. Shuffle back left, right, left making a 1/2 turn left.
Section 3	Over, Side, Sailor Heel & Cross Rock & Heel & Cross.
1 - 2 3 & 4 & 5 & 6 & 7 & 8	Cross Right foot over left, step left foot to left side. Sailor Heel -- Cross right foot behind left foot and step left foot slightly to the left, place right heel forward on a right diagonal. (Keeping the diagonal Position), Step right foot beside left, rock forward on left foot, recover onto right. (Still keeping the diagonal Position), Step Left foot beside right foot and place right heel forward and cross left foot over right foot.
Section 4	Side rock, Recover, Behind 1/4 step, Rock Recover Shuffle 1/2.
1 - 2 3 & 4 5 - 6 7 & 8	Rock right foot to right side (straighten up out of diagonal), recover onto left foot. Cross right foot behind left and step left to left side making a 1/4 turn left, step forward right. Rock forward on left foot, recover onto right foot. Shuffle back left, right, left making a 1/2 turn left.
* BRIDGE *	At The End Of Wall 8 - Dance Section 1 Twice, Then Restart The Dance.