

Shake Senora

Count: 0

Wand: 2

Ebene: Improver

Choreograf/in: Andrea Moen (NOR)

Musik: Jump In Da Line - Soca Boys



Sequence: AB AB AB AA(with Tag) BA

PART A

WALK, WALK, STEP, HALF TURN, SAILOR STEP, SAILOR STEP

1-2-3-4 Walk forward right, left, step forward right, half turn left on right

5-6&7-8 Step right to right, cross left behind, step right to side, step left slightly forward, cross right behind, step left to side, step right slightly forward

WALK, WALK, WALK, WALK, ¼ TURN, BOX STEP

1-2-3-4 Walk forward right, left, right, left

5-6&7-8 ¼ turn to left on left, cross right over left, step back on left, step right to right side, step left next to right

4 PADDLE TURNS WITH HIPS WHIT ½ TURN, TOUCH OUT TO THE SIDE RIGHT, LEFT, RIGHT, LEFT

1-2-3-4 Making a 1/8; turn right, touch right to right side, making a 1/8; turn right, touch right to right side, making a 1/8; turn right, touch right to right side, making a 1/8; turn right, touch right to right side,

5-6-7-8 Touch out to the side right, left, right, left

4 PIVOT WHIT ½ TURN, TOUCH OUT TO THE SIDE RIGHT, LEFT, RIGHT, ¼ TURN, FLICK

1-2-3-4 Making a 1/8; turn right, touch right to right side, making a 1/8; turn right, touch right to right side, making a 1/8; turn right, touch right to right side, making a 1/8; turn right, touch right to right side,

5-6-7-8 Touch out to the side right, left, right, ¼ turn on left to left, flick right heel back

PART B

CROSS, HOLD, STEP, TOUCH, HOLD, ¼ TURN TO RIGHT, TOUCH, HOLD, STEP, ¼ TURN TO RIGHT, TOUCH

1-2&3-4 Cross right over left, hold, step left next to right, touch right forward, hold

5-6&7-8 ¼ turn to right on right, touch left next to right, hold, step left forward, ¼ turn to right on left, touch right forward

STEP RIGHT, HOLD, CROSS LEFT, STEP RIGHT, TOUCH LEFT, HOLD, WALK, WALK, AND FULL TURN, STEP LEFT

1-2&3-4 Step on right, hold, cross left over right, step right next to left, touch left forward, hold

5-6-7-8 Walk right, left, and step right forward, full turn on right to right, step left forward

JUMP FORWARD, COASTER STEP, ½ TURN, ½ TURN

1-2-3&4 Step right forward, step left out to left, hold, step left back, step right next to left, step left forward

5-6-7-8 Step right forward, ½ turn on right to left, step right forward, ½ turn to left on right

¼ TURN TO LEFT, SHUFFLE, ¼ TURN TO LEFT, COASTER STEP, WALK, WALK, WALK, WALK

1&2-3&4 ¼ turn to left on left, shuffle to right side, ¼ turn to left on right, step left back, step right next to left, step left forward

5-6-7-8 Walk forward right, left, right, left

HIP BUMPS AND FULL HIP TURN, ¼ TURN TO LEFT, ½ TURN TO LEFT

- 1-2&3-4 Hip bump to right, right hip bump to right. Left hip bump to left, left hip bump to left
5-6-7-8 Slow hip grind to the left to three counts. (start with weight on right leg, hips to right, describe a circle by pushing hips to the right, then forward and round to the left, then back and round to the right) step $\frac{1}{4}$ to left on left, step right forward, $\frac{1}{2}$ turn to left on left

JUMP FORWARD, COASTER STEP, $\frac{1}{2}$ TURN, $\frac{1}{4}$ TURN

- 1-2-3&4 Step right forward, step left out to left, hold, step left back, step right next to left, step left forward
5-6-7-8 Step right forward, $\frac{1}{2}$ turn on right to left, step right forward, $\frac{1}{4}$ turn to left on right

A WITH TAG

- 1-4 Dance the first 4 counts
5-8 Hold 4 counts
9-16 Dance 8 counts
17-20 Hold 4 counts
21-28 Dance 8 counts
29-32 Hold 4 counts
33-40 Dance 8 counts
41-44 Hold 4 counts
45-48 Dance the last 4 counts
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