

Sheikra

Count: 32

Wand: 4

Ebene: Intermediate

Choreograf/in: Levi J. Hubbard (USA)

Musik: Ojos Así - Shakira



Start the dance right when the strong beat kicks in 16 counts from the start of the music

(RIGHT) ROCK-RECOVER, COASTER STEP, (LEFT) ROCK-RECOVER, COASTER STEP

- 1 Step (rock) right forward, while pushing right hip forward & slightly lifting left off floor
- 2 Step left back to floor, while pushing right hip back to center
- 3 Step back on ball of right foot
- & Step together on ball of left foot
- 4 Step right slightly forward
- 5-8 Repeat above counts 1-4 (starting with your left foot this time)

SHUFFLE (RIGHT), ½ TURN (RIGHT), SHUFFLE (LEFT), BACK ROCK-RECOVER, SHUFFLE (RIGHT)

- 9&10 Shuffle right, stepping (right-left-right)
- & Pivot on ball of right foot ½ turn right
- 11&12 Shuffle left, stepping (left-right-left)
- 13 Step (rock) right behind left, while slightly lifting left off floor
- 14 Step left back to floor
- 15&16 Shuffle right, stepping (right-left-right)

(LEFT) SAILOR SHUFFLE, (RIGHT) SAILOR SHUFFLE, ¼ TURN (RIGHT), KICK BALL CHANGE (RIGHT)

- 17 Cross step left behind right
- &18 Step right slightly to side, stepping left slightly to side
- 19 Cross step right behind left
- &20 Step left slightly to side, stepping right slightly to side
- 21 Step left forward
- 22 Pivot ¼ turn right, while touching right toe next to left
- 23 Kick right slightly forward
- &24 Land back on ball of right foot, slightly stepping forward on left

FULL TURN (LEFT), (RIGHT) ROCK-RECOVER, COASTER STEP, ½ TURN (RIGHT), DRAG TOUCH TOGETHER

- 25 Step right forward while turning ½ turn left
- 26 Step left backward while turning ½ turn left
- 27 Step (rock) right forward, while pushing right hip forward & slightly lifting left off floor
- 28 Step left back to floor, while pushing right hip back to center
- 29 Step right back on ball of foot
- & Step left together on ball of foot
- 30 Step right slightly forward
- 31 Step left forward
- 32 On ball of left foot pivot ½ turn right, while dragging right foot into a touch together

REPEAT

RESTART

After completing the 5th rotation, you will dance only the first 16 counts before you have to start again, changing counts 15-16 as follows:

- 15 Step right to side
- 16 Drag left into step next to right

