

# Shake Senora

Compte: 0

Mur: 2

Niveau: Improver

Chorégraphe: Andrea Moen (NOR)

Musique: 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
-