

Take Me * Shake Me

Compte: 48

Mur: 2

Niveau: Intermediate

Chorégraphe: Heidi Van Sinten (NL) - July 2010

Musique: La Noche Es para Mí - Soraya



Intro: 32 counts

R cross, Side, Cross shuffle, L Cross, Side, Cross shuffle

- 1-2 RF cross over LF, LF step to left side
3&4 RF cross over LF, LF step to left side, RF cross over LF
5-6 LF cross over RF, RF step to right side
7&8 LF cross over RF, RF step to right side, LF cross over RF (12)
(during these steps you move a little forward)

R rock step, Triple full turn R, L hip bump, R hip bump, 1/4 L hip bump, L hook

- 1-2 RF rock forwards, weight back on LF
3&4 Full turn right (step RF-LF-RF)
5-6 LF step to left side with hips to the left, sway hips to the right
7-8 1/4 turn left rock LF forward, weight back on RF and hook left leg for right leg (9)

L Walk, Walk, Side rock, Walk, R rock step, 1/4 R side shuffle

- 1-2 LF step forward, RF step forward
&3-4 LF rock to left side, weight back on RF, LF step forward
5-6 RF rock forward, weight back on LF
7&8 1/4 right step RF to right side, LF step next to RF, RF step to right side (12)

L rock step, Full turn L, L back rock, 1/4 R side shuffle

- 1-2 LF rock forward, weight back on RF
3-4 1/2 turn left LF step forward, 1/2 turn left RF step back
5-6 LF rock back, weight back on RF
7&8 1/4 turn right LF step to left side, RF step next to LF, LF step to left side (3)
(option; instead of the full turn on counts 3-4 ,just walk 2 steps back, LF-RF)

R sailorstep, L Cross shuffle, 2x 1/4 turn L, R shuffle forward

- 1&2 RF cross behind LF, LF step a little to left side, RF step a little to right side
3&4 LF cross over RF, RF step to right side, LF cross over RF
5-6 turn 1/4 left RF step back, turn 1/4 left LF step forward
7&8 RF step forward, LF step next to RF, RF step forward (9)

L side rock, Close, R side rock, Close, Touch forward, Touch side, Sailorsep 1/4 turn L

- 1-2& LF rock to the left, weight back on RF, LF step next to RF
3-4& RF rock to the right, weight back on LF, RF step next to LF
5-6 LF touch toe forward, LF touch toe to left side
7&8 turn 1/4 left LF cross behind RF, RF step a little to the right, LF step to left side (6)

Finish ; At the end of wall 7 replace the last 4 counts with;

- 5-6 LF touch toe forward, LF touch toe to left side
7-8 LF touch toe behind RF, unwind 3/4 left to end to the front wall (12)

HAVE FUN !!!