

Shake 'Senora' Shake

Compte: 48

Mur: 4

Niveau: Improver

Chorégraphe: Sebastiaan Holtland (NL) - June 2011

Musique: Shake Senora (feat. T-Pain) - Pitbull : (2011)



32 count intro (15 Sec)

Sec 1: [1-8] Cross, 1/4 Turn R, Back, Back, Heel, Step, 1/4 Turn L, Back, Back, Point

- 1-2 Cross Rf over Lf, turn 1/4 right (3) step Lf back weight onto Lf
- 3-4 Step Rf back, bring L heel forward (toe up) holding weight onto Rf
- 5-6 Step Lf forward, turn 1/4 left (12) step Rf back
- 7-8 Step Lf back, point Rf out to the right (12:00)

Sec 2: [9-16] Walks Fwd R-L, Heel, Hold, Merengue Hips 1/4 Turn L, Merengue Hips 1/4 Turn L

- 1-2 Stepping Rf forward, stepping Lf forward (12:00)
- 3-4 Bring R heel forward (toe up), Hold (holding weight onto Lf)
- 5-6 Turn 1/4 left (9) step Rf to right bump R hip to right, bump L hip to left weight onto Lf
- 7-8 Turn 1/4 left (6) step Rf to right bump R hip to right, bump L hip to left weight onto Lf **Tag**

Tag Here WALL 2 / 4 after 16 count 1st Tag (Facing 9 o'clock) 2nd Tag (Facing 3 o'clock)

Sec 3: [17-24] Jump Both Feet Apart, Hold, Heel Bounce's 2x, Side Rock / Recover, Sailor Step 1/4 Turn L

- &1-2 Jump both feet apart (&1), Hold (take weight onto both feet) (6:00)
- 3-4 Bounce with both heels twice ending weight onto Lf
- 5-6 Rock Rf to the right, recover on Lf
- 7&8 Step Rf behind Lf, turn 1/4 left (3) step Lf forward, step Rf forward weight onto Rf

Sec 4: [25-32] Out, Hold, Elvis Rolls, Fwd, Out, Heel Bounce's 2x

- 1-2 Step Lf out to the left, Hold (take weight onto both feet) (3:00)
- 3-4 Roll R knee out to right back in place weight onto Rf, Roll L knee out to left back in place weight onto Lf
- 5-6 Step Rf forward, step Lf out to left take weight onto both feet
- 7-8 Bounce with both heels twice ending weight onto Lf (3:00)

Sec 5: [33-40] 1/2 Pivot L, Full Turn L, Dorothy Steps R-L

- 1-2 Step Rf forward, turn 1/2 left (9) take weight onto Lf
- 3-4 Turn 1/2 left (3) step back on Rf, turn 1/2 left (9) step forward on Lf weight onto Lf (Full Turn L)
- 5,6& Step Rf diagonal forward, lock Lf behind Rf, step Rf diagonal forward
- 7,8& Step Lf diagonal forward, lock Rf behind Lf, step Lf diagonal forward (9:00)

Sec 6: [41-48] Turn 1/4 L, Hip Sway R / Recover, Ball Step 1/4 Turn L, Step, Heel, Hold, Ball Step, Side

- 1-2 Turn 1/4 left (6) step Rf to the right sway R hip to right, recover on Lf
- &3-4 Step Rf next to Lf on ball, turn 1/4 left (3) step Lf slightly forward, step Rf forward
- 5-6 Bring L heel forward (toe up), Hold (holding weight onto Rf)
- &7-8 Step Lf next to Rf on ball, step Rf slightly forward, step Lf to the left weight onto Lf

TAG: Step Fwd, Knee Pop, Step Fwd, Knee Pop

- 1&2 Step forward on Rf, lift heels off floor as you pop both knees forward, drop both heels To floor take weight onto Rf
- 3&4 Step forward on Lf, lift heels off floor as you pop both knees forward, drop both heels To floor take weight onto Rf

Start Again, Enjoy!

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