

Shake, Shake, Shake, Senora

COPPERKNOB
BY STEPHEN

拍数: 64 墙数: 4 级数: Phrased Improver
编舞者: Terri Mills - February 2017
音乐: Jump In the Line - Harry Belafonte : (Album: The Very Best of Harry Belafonte)



Intro - 32 counts, starts with the lyrics

Sequence: ABCC, ABCC, ABCC, A (Instrumental), A+, BCC, A

Pattern A: 32 counts

A[1-8] RIGHT VINE WITH SHIMMY, CROSS, (*Tag in A+) STEP R SIDE, TOUCH L, L FULL TURN

1-4 Shimmy as you step R to right, step L behind R, step R to right, cross L over R
5-6 Step R with right, touch L next to R
7-8 ¼ turn left with L, ¾ turn left with R (12:00)

A[9-16] LEFT WEAVE WITH SHIMMY, BEHIND, (*Tag in A+) STEP L SIDE, TOUCH R, R FULL TURN

1-4 Shimmy as you step L to left, step R across L, step L to left, cross R behind L
5-6 Step L to left, touch R next to L
7-8 ¼ turn right with R, ¾ turn right with L (12:00)

A[17-24] WALK R, L, FWD SHUFFLE, (*Tag in A+) L FWD MAMBO, STEP BACK R, L ½ TURN

1, 2 Walk R, Walk L
3&4 Forward shuffle
5&6 Rock L forward, recover on R, step L next to R
7-8 Step back with R prepping for left turn, ½ turn left as you step forward with L (6:00)

A[25-32] Walk R, L, FWD SHUFFLE, (*Tag in A+) L FWD MAMBO, STEP BACK R, L ¼ Turn

1, 2 Walk R, Walk L
3&4 Forward shuffle
5&6 Rock L forward, recover on R, step back on L
7-8 Step back on R, ¼ turn left as you step to left side with L (3:00)

Pattern B: 16 counts

B[33-40] R MAMBO, L MAMBO, R CHASSE, L BACK ROCK

1&2 Rock R to right, recover on L, step R next to L
3&4 Rock L to left, recover on R, step L next to R
5&6 Step R to right, step L next to R, Step R to right
7-8 Rock L behind R, recover on R

B[41-48] L MAMBO, R MAMBO, L CHASSE, R BACK ROCK

1&2 Rock L to left, recover on R, step L next to R
3&4 Rock R to right, recover on L, step R next to L
5&6 Step L to left, step R next to L, step L to left
7-8 Rock R behind L, recover on L

Pattern C: 16 Counts (NOTE – YOU WILL ALWAYS DO C TWICE)

C[49-56] HOP FWD, HOLD/BOUNCE, HOP BACK, HOLD/BOUNCE, 2 LEFT 1/8 T PADDLES WITH HIP ROLLS

&1, 2 Hop forward onto R (&), touch L next to R (1), hold and bounce (2)
&3, 4 Hop back onto L (&), touch R next to L (3), hold and bounce (4)
5-6 Paddle 1/8 turn left with R as you roll hips (5), recover weight on L (6)
7-8 Repeat 5-6 (7, 8)

C[57-64] CROSSING SAMBA TO LEFT, CROSSING SAMBA TO RIGHT, R 1/4 TURN JAZZ BOX

1&2 Cross R over L, rock L to left, recover on R
3&4 Cross L over R, rock R to right, recover on L

5, 6 Cross R over L, step back on L
7, 8 ¼ turn to right side with R, step L next to R

On wall 4 (9:00) dance A during instrumental, ending at 12:00 then dance A+ (Pattern A with tags)

Tags: □4 claps with 4 Meringue steps in place after first 4 counts of each 8 count. (Hips go to side as you bend and straighten each leg.)

A+ ends at 3:00. Continue with BCC and final A.

Finish: Dance first 20 counts of A (through the first shuffle), then ¼ turn left with L to 12:00.

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