

# Mesmerised (CBA 2021)

COPPER KNOB  
STEPSHEETS

拍数: 48      墙数: 2      级数: Phrased Intermediate / Advanced  
编舞者: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - January 2021  
音乐: Shake It (feat. Fox Banger) - Sunstroke Project



Intro: 8 counts from start of track (app. 4 secs into track). Start with weight on L foot  
Sequence: AAA, BBB, AAA, BBBB, Tag, A + Ending.

EASY tag: 4 counts, facing 6:00. Tag described at bottom of page

Ending: During last A replace the last 2 walks with a pivot ½ turn L (step R fwd, turn ½ L onto L)

## A Part: 32 counts/2 walls

### [1 - 8] Heel jack, Hold, ball cross dip, ¼ L fwd, step ¼ cross, ¼ R X 2

&1 - 2      Step R to R side (&), touch L heel fwd to L diagonal (1), HOLD (2) 12:00  
&3 - 4      Step L next to R (&), cross R over L bending in both knees (3), straighten up in knees and  
turn ¼ L stepping L fwd (4) 9:00  
5&6      Step R fwd (5), turn ¼ L stepping onto L (&), cross R over L (6) 6:00  
7 - 8      Turn ¼ R stepping back on L (7), turn ¼ R stepping R to R side (8) 12:00

### [9 - 16] L cross rock, L step slide, behind side cross, L heel grind ¼ L

1 - 2      Cross rock L over R (1), recover back on R (2) 12:00  
3 - 4      Step L a big step to L side (3), slide R towards L (4) 12:00  
5&6      Cross R behind L (5), step L to L side (&), cross R over L (6) 12:00  
7 - 8      Rock L to L side on L heel (7), grind ¼ L on L heel recovering back on R (8) 9:00

### [17 - 24] Back L, touch R fwd, out out RL, R knee pop, run ½ R, ¼ R walking RL fwd

1 - 2      Step back on L (1), touch R toes fwd (2) 9:00  
&3 - 4      Step R back and small step out to R side (&), step L small step out to L side (3), pop R knee  
in towards L knee (4) 9:00  
5&6&      Turn ¼ R stepping R fwd (5), step L fwd (&), turn ¼ R stepping R fwd (6), step L fwd (&) 3:00  
7 - 8      Turn ¼ R walking R fwd (7), walk L fwd (8) 6:00

### [25 - 32] Rock R fwd, R back slide, L coaster step, walk RL fwd

1 - 2      Rock fwd on R (1), recover back on L (2) 6:00  
3 - 4      Step big step back on R (3), slide L towards R (4) 6:00  
5&6      Step back on L (5), step R next to L (&), step fwd on L (6) 6:00  
7 - 8      Walk R fwd (7), walk L fwd (8) 6:00

## B Part: 16 counts/2 walls

### [1 - 8] Diagonal R push rock, behind side cross, point L&R, swivel R heel & toe, hitch R

1 - 2      Rock R to R diagonal pushing hips fwd (1), recover back on L (2) 6:00  
3&4      Cross R behind L (3), step L to L side (&), cross R over L (4) 6:00  
5&6      Point L to L side (5), step L next to R (&), point R to R side (6) 6:00  
7&8      Swivel R heel to L side (7), swivel R toes to L side (&), hitch R knee (8) 6:00

### [9 - 16] Syncopated R jazz box, cross, side R, L sailor ¼ L, walk RL with ¼ L

1 - 2&      Cross R over L (1), step back on L (2), step R to R side (&) 6:00  
3 - 4      Cross L over R (3), step R to R side (4) 6:00  
5&6      Cross L behind R (5), turn ¼ L stepping R next to L (&), step L fwd (6) ... Styling: shimmy  
shoulders during sailor step 6:00  
7 - 8      Turn 1/8 L walking R fwd (7), turn 1/8 L walking L fwd (8) ... Styling: shimmy shoulders during  
walks 12:00

