

# Shake Senora (Chair Dance)

COPPERKNOB  
BY SHEETS

拍数: 80      墙数: 0      级数: Phrased Chair Dance  
编舞者: Gail A. Dawson (USA) - August 2021  
音乐: Jump In the Line - Harry Belafonte



Part A 32c, Part B 16c, Part C 32c, A-B-C, A-B-C, A-B-C, A-A Plus-B-C, A (20 Counts to the end)

Intro: 32 count active intro (starts on the verse)

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## INTRO

1-8            Reaching hands up diagonally to the left move hands like shaking maracas R, L, R, L, R, L, R, L  
1-8            Repeat 1-8 Reaching hands down diagonally to the right  
1-8            Repeat 1-8 Reaching hands down diagonally to the left  
1-8            Repeat 1-8 Reaching hands up diagonally to the right

## PART A - 32 COUNTS

### MARACAS, MARACAS, SHIMMY, MARACAS, MARACAS, SHIMMY

1,2            Reaching hands up diagonally to the left move hands like shaking maracas R, L  
3,4            Reaching hands down diagonally to the right move hands like shaking maracas R, L  
5,6,7,8       Alternate shoulders back and forth, R, L, R, L, R, L, R, L

## REPEAT 1-8

### PRESS, PRESS, SHIMMY

1,2            Reaching R arm across body twisting to L as R steps out to R, recover to original position  
3,4            Reaching L arm across body twisting to R as L steps out to L, recover to original position  
5,6,7,8       Alternate shoulders back and forth, R, L, R, L, R, L, R, L

## REPEAT 1-8

## PART B - 16 COUNTS

### OUT, OUT, IN, IN, OUT, OUT, IN, IN

&1,2          R step out to R (&), L step out to L, hold (2) hands reaching to the inside of legs  
&3,4          R step in (&), L step in beside R, hold (2) hands reaching to the outside of legs  
&5,6          R step out to R (&), L step out to L, hold (2) hands reaching to the inside of legs  
&7,8          R step in (&), L step in beside R, hold (2) hands reaching to the outside of legs

## REPEAT 1-8

## PART C - 32 COUNTS

### HEEL, STEP, HEEL, STEP, SINGLE, SINGLE, DOUBLE

1,2            R heel forward, R step beside L  
3,4            L heel forward, L heel step beside R  
5,6            R step in place as R hand  
7,8            L step, hold

### HEEL, STEP, HEEL, STEP, SINGLE, SINGLE, DOUBLE

1,2            L heel forward, L step beside R  
3,4            R heel forward, R heel step beside L  
5,6            R step in place as arms pivot to R, L step as arms pivot to L  
7&8           Step R, L, R with arm pivots

## REPEAT THESE 2 SETS OF 1-8

**PART A - PLUS**

**ADD 4 CLAPS AFTER THE FIRST 4 COUNTS OF EVERY SECTION OF PART A**

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