

Shake Senora

拍数: 0 墙数: 1 级数: Phrased Beginner
编舞者: Patrick Latendresse (CAN) - March 2012
音乐: Shake Senora (feat. T-Pain & Sean Paul) - Pitbull



A: ROCK STEP FORWARD DIAGONAL, STEP TOGETHER, PAUSE ROCK STEP FORWARD DIAGONAL, STEP TOGETHER, PAUSE

1-2 Step right forward diagonal, recover weight on left
3-4 Step right beside left, pause
5-6 Step left forward diagonal, recover weight on right
7-8 Step left beside right, pause

Optional: Do 4 body rolls

Repeat that part 1 more time

B: JUMP FORWARD, PAUSE, JUMP BACKWARD, PAUSE, MAMBO WITH HIP ACTION

1-2 Jump forward both feet together, pause
3-4 Jump backward both feet together, pause
5-6 Step right forward (moving hips at the same time), recover weight on left (move hips at the same time)
7-8 Step right backward, recover weight on left (moving hips at the same time)

Optional: You could do 2 military turn

Repeat that part 3 more times

SIDE STEP R, SIDE SHUFFLE, MAMBO 2X

1-2 Step right to side, step left beside right
3&4 Step right to side, step left beside right (&), step right to side
5-6 Step left forward, recover weight on right
7-8 Step left backward, recover on right

SIDE STEP LEFT, SIDE SHUFFLE, MAMBO 2X

1-2 Step left to side, step right beside left
3&4 Step left to side, step right beside left (&), step left to side
5-6 Step right forward, recover weight on left
7-8 Step right back recover weight on left

C: STEP FORWARD 3X, KICK FORWARD, STEP BACKWARD 3X, TOUCH

1-2-3 Step right forward, step left forward, step right forward
4 Kick left foot forward
5-6-7 Step left backward, step right backward, step left backward
8 Touch right to side

Optional: You could do a complete left turn while you stepping backward on 5-6-7 count

Repeat that part 5 more times

Repeat: ABC-AB-part C 4 times only, AB- part C 4 times only
