

Shake Senora (Chair Dance)

COPPERKNOB
BY SHEETS

拍數: 80 牆數: 0 級數: Phrased Chair Dance
編舞者: Gail A. Dawson (USA) - August 2021
音樂: 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
