

Shake Your Shakiras

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Dancin' Mamas (SWE)
音樂: La Tortura (Pop Version) - Shakira



CROSS ROCK, SIDE SHUFFLE, HEEL HOOKED ¼ TURN, HEEL & TOUCH

- 1-2 Rock left over right
3&4 Step left to left side, step right beside left, step left to left side
5-6 Cross right over left, lock left toes tight to right heel turning ¼ right on ball of right (use your left foot to push right foot into ¼ turn)
&7&8 Step back on left, dig right heel forward, step right together, tap left beside right

SIDE, SAILOR STEP, &SIDE, BEHIND, SIDE BEHIND, SIDE, LONG STEP, KNEE "KNOCKS"

- 1 Step left to left side
2&3 Step right behind left, step left beside right, step forward on right
&4&5 Step left behind right, right to right, left behind right, right to right (on right diagonal)
6-8 Take a large step forward on left (heel first), touch right beside left as you "knock" your knees together, turn knees out, in (weight ends on left)

Arms:

- 6-7 Stretch your arms forward on count 6, "pull" yourself forward touch right beside left

JUMP BACK, HITCH ½ TURN LEFT, & SIDE, & SIDE, KNEE POPS

- &1 Jump back, right then left
2 Hitch right knee, make ½ turn left on ball of left
3&4&5 Step right to right side (feet slightly apart) step left beside right, right to right side, step left beside right, right to right side
6 Pop left knee over right
7&8 Pop right knee over left, pop left knee over right, pop right knee over left (weight on left)

HEEL PUSH, WEAVE WITH SHAKE, SWAYS, HEEL JACKS

- 1 Push/kick right heel above the floor on right diagonal forward (flexed leg)
2&3 Step right behind left, left to left side, right over left (shake your shakiras)
4-5 Sway left, sway right
&6 Step left back, cross right over left
&7 Step left back, dig right heel forward, (facing right diagonal)
&8 Step right beside left, cross left over right

GALLOP ¼ TURN RIGHT, DOROTHY STEP, SHUFFLE FORWARD

- 1& Step right ¼ turn right, step onto ball of left behind right (closed 3rd position throughout the gallop section)
2& Step right ¼ turn right, step onto ball of left behind right
3&4 Step right ¼ turn right, step onto ball of left behind right, step forward on right
5-6& Step left forward, lock right behind left, step forward on left
7&8 Shuffle forward, right, left, right

CROSS, BACK ¼ TURN, KICKBALL STEP, KICKBALL STEP, SCUFF, HITCH, BACK

- 1&2 Cross left over right, step back on right, make ¼ turn left step left forward
3&4 Kick right foot forward, step right beside left, step forward on left
5&6 Kick right foot forward, step right beside left, step forward on left
7&8 Scuff right foot forward, hitch right knee, step back on right

Restart from this point on walls 2 and 4

CROSS ROCK, TRIPLE FULL TURN LEFT, CROSS ROCK, SHUFFLE ¼ TURN RIGHT

1-2 Rock left over right, recover on right

3&4 Make ¼ turn left stepping left forward, make ½ turn left stepping back on right, make ¼ turn left step left to left side

5-6 Rock right over left, recover on left

7&8 Shuffle right forward turning ¼ right

REPEAT

RESTART

Restart after count 48 on walls 2 and 4
