

# Shake Your Shakiras

**COPPER** KNOB  
STEPSHEETS

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**

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