

# Shake 'N Bake

拍數: 32      牆數: 2      級數: Intermediate  
編舞者: Ephraim Kirkland & Katherine Kirkland - August 2008  
音樂: Sexy Movimiento - Wisin & Yandel



Start after 32 counts

Or Music:

Earthquake by Ronnie Milsap - 124 bpm (Start after 32) Album: Country Kickers  
Mambo (English Version) by Helena Paparizou - 121 bpm (Start after 16)  
Do What You Do (normal or rap edit) by Bad Boys Blue - 108 bpm (Start after 16)  
Super Love by Exile - 115 bpm (Start after 32) Album: Country Love Notes for Her

**(Cross) Rock, Recover-Side-Rock, Recover-Side-Cross, Unwind ( $\frac{3}{4}$ ), Coaster-Step.**

1-2      Rock right (foot) across left, recover weight to left  
&3      Step right beside left, rock left across right  
4&      Recover weight to right, step left beside right  
**RESTART: Restart here on walls 4 and 7 if dancing to Sexy Movimiento**  
5-6      Touch right across left, Unwind  $\frac{3}{4}$  turn to the left ending with weight on right (3:00)  
7&8      Step left back, step right next to left, step left forward

**Step-Touch, Hold, Back-Heel, Hold, Back, Back, Back, Back**

&1      Step right to right diagonal, touch left toe diagonally behind right  
2      Hold (pose) for one count (clap if you like)  
&3      Step left back, dig (touch firmly) right heel forward (lean back for styling)  
4      Hold your position (again, clap if you like)  
5      Step right back as you swivel your left toes out (left) and twist your left shoulder forward  
6      Step left back as you swivel your right toes out (right) and twist your right shoulder forward  
7-8      Repeat above two counts, stepping back right, then left (keep most of your weight on your heels)

**Side-Bump-Bump, ( $\frac{1}{4}$  R) Side-Bump-Bump, ( $\frac{1}{4}$  R) Side, ( $\frac{1}{4}$  R) Side, ( $\frac{1}{4}$  R) Side, Touch (Cross)**

1&2      Step right to right side bumping hips to the right, bump left, bump right (still facing 3:00)  
3&4      Turn (pivot)  $\frac{1}{4}$  to the right and step left to left side bumping left, bump right, bump left (6:00)  
5-6      Turn  $\frac{1}{4}$  right and step right to side (9:00), turn  $\frac{1}{4}$  right and step left to side (12:00)  
7      Turn  $\frac{1}{4}$  right and step right to side (3:00)  
8      Touch left toe slightly across right as you lean right shoulder back (clap if you like)

**Steps 1-7 above should form a square box, as you make a full turn to the right (clockwise).**

**Step, Mambo-Step, Mambo-Step, ( $\frac{1}{4}$  R) Cross, ( $\frac{1}{4}$  R) Turn, ( $\frac{1}{2}$  R) Turn-Side ( $\frac{1}{4}$  R)**

1      Step left forward  
**(During the song Mambo; skip next 4 counts here during wall 8)**  
2&3      Rock right forward, recover weight to left, step right back (right mambo)  
4&5      Rock left back, recover weight to right, step left forward (left mambo)  
6-7      Turn  $\frac{1}{4}$  to the right and step right across left (6:00), turn  $\frac{1}{4}$  to the right and step left back (9:00)  
8&      Turn  $\frac{1}{2}$  to the right and step right forward (3:00), turn  $\frac{1}{4}$  right and step left to side (6:00)

**Easier option for counts 6-8&: Turn  $\frac{1}{4}$  right and step cross, side, cross, side (removing a full turn)**

Repeat

'Sexy Movimiento' Tag: Repeat the first 4.5 (1-4&) counts on walls 4 & 7 (facing 6:00, then 12:00)

**'Mambo' Restart: During wall 8, drop the mambo steps in counts 2-5 of last set of 8 (facing 9:00), dance 6-8&, and restart**

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