

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
