

Shake 'Senora' Shake

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 4 級數: Improver
編舞者: Sebastiaan Holtland (NL) - June 2011
音樂: Shake Senora (feat. T-Pain) - Pitbull : (2011)



32 count intro (15 Sec)

Sec 1: [1-8] Cross, 1/4 Turn R, Back, Back, Heel, Step, 1/4 Turn L, Back, Back, Point

1-2 Cross Rf over Lf, turn 1/4 right (3) step Lf back weight onto Lf
3-4 Step Rf back, bring L heel forward (toe up) holding weight onto Rf
5-6 Step Lf forward, turn 1/4 left (12) step Rf back
7-8 Step Lf back, point Rf out to the right (12:00)

Sec 2: [9-16] Walks Fwd R-L, Heel, Hold, Merengue Hips 1/4 Turn L, Merengue Hips 1/4 Turn L

1-2 Stepping Rf forward, stepping Lf forward (12:00)
3-4 Bring R heel forward (toe up), Hold (holding weight onto Lf)
5-6 Turn 1/4 left (9) step Rf to right bump R hip to right, bump L hip to left weight onto Lf
7-8 Turn 1/4 left (6) step Rf to right bump R hip to right, bump L hip to left weight onto Lf **Tag**

Tag Here WALL 2 / 4 after 16 count 1st Tag (Facing 9 o'clock) 2nd Tag (Facing 3 o'clock)

Sec 3: [17-24] Jump Both Feet Apart, Hold, Heel Bounce's 2x, Side Rock / Recover, Sailor Step 1/4 Turn L

&1-2 Jump both feet apart (&1), Hold (take weight onto both feet) (6:00)
3-4 Bounce with both heels twice ending weight onto Lf
5-6 Rock Rf to the right, recover on Lf
7&8 Step Rf behind Lf, turn 1/4 left (3) step Lf forward, step Rf forward weight onto Rf

Sec 4: [25-32] Out, Hold, Elvis Rolls, Fwd, Out, Heel Bounce's 2x

1-2 Step Lf out to the left, Hold (take weight onto both feet) (3:00)
3-4 Roll R knee out to right back in place weight onto Rf, Roll L knee out to left back in place weight onto Lf
5-6 Step Rf forward, step Lf out to left take weight onto both feet
7-8 Bounce with both heels twice ending weight onto Lf (3:00)

Sec 5: [33-40] 1/2 Pivot L, Full Turn L, Dorothy Steps R-L

1-2 Step Rf forward, turn 1/2 left (9) take weight onto Lf
3-4 Turn 1/2 left (3) step back on Rf, turn 1/2 left (9) step forward on Lf weight onto Lf (Full Turn L)
5,6& Step Rf diagonal forward, lock Lf behind Rf, step Rf diagonal forward
7,8& Step Lf diagonal forward, lock Rf behind Lf, step Lf diagonal forward (9:00)

Sec 6: [41-48] Turn 1/4 L, Hip Sway R / Recover, Ball Step 1/4 Turn L, Step, Heel, Hold, Ball Step, Side

1-2 Turn 1/4 left (6) step Rf to the right sway R hip to right, recover on Lf
&3-4 Step Rf next to Lf on ball, turn 1/4 left (3) step Lf slightly forward, step Rf forward
5-6 Bring L heel forward (toe up), Hold (holding weight onto Rf)
&7-8 Step Lf next to Rf on ball, step Rf slightly forward, step Lf to the left weight onto Lf

TAG: Step Fwd, Knee Pop, Step Fwd, Knee Pop

1&2 Step forward on Rf, lift heels off floor as you pop both knees forward, drop both heels To floor take weight onto Rf
3&4 Step forward on Lf, lift heels off floor as you pop both knees forward, drop both heels To floor take weight onto Rf

Start Again, Enjoy!

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