

# Shake Senora

**COPPER** KNOB  
STEPSHEETS

拍數: 0                      牆數: 1                      級數: Phrased Beginner  
編舞者: Patrick Latendresse (CAN) - March 2012  
音樂: Shake Senora (feat. T-Pain & Sean Paul) - Pitbull



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## A: ROCK STEP FORWARD DIAGONAL, STEP TOGETHER, PAUSE ROCK STEP FORWARD DIAGONAL, STEP TOGETHER, PAUSE

1-2                      Step right forward diagonal, recover weight on left  
3-4                      Step right beside left, pause  
5-6                      Step left forward diagonal, recover weight on right  
7-8                      Step left beside right, pause

Optional: Do 4 body rolls

Repeat that part 1 more time

## B: JUMP FORWARD, PAUSE, JUMP BACKWARD, PAUSE, MAMBO WITH HIP ACTION

1-2                      Jump forward both feet together, pause  
3-4                      Jump backward both feet together, pause  
5-6                      Step right forward (moving hips at the same time), recover weight on left (move hips at the same time)  
7-8                      Step right backward, recover weight on left (moving hips at the same time)

Optional: You could do 2 military turn

Repeat that part 3 more times

## SIDE STEP R, SIDE SHUFFLE, MAMBO 2X

1-2                      Step right to side, step left beside right  
3&4                      Step right to side, step left beside right (&), step right to side  
5-6                      Step left forward, recover weight on right  
7-8                      Step left backward, recover on right

## SIDE STEP LEFT, SIDE SHUFFLE, MAMBO 2X

1-2                      Step left to side, step right beside left  
3&4                      Step left to side, step right beside left (&), step left to side  
5-6                      Step right forward, recover weight on left  
7-8                      Step right back recover weight on left

## C: STEP FORWARD 3X, KICK FORWARD, STEP BACKWARD 3X, TOUCH

1-2-3                      Step right forward, step left forward, step right forward  
4                          Kick left foot forward  
5-6-7                      Step left backward, step right backward, step left backward  
8                          Touch right to side

Optional: You could do a complete left turn while you stepping backward on 5-6-7 count

Repeat that part 5 more times

Repeat: ABC-AB-part C 4 times only, AB- part C 4 times only

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