Shake Senora (Chair Dance)

Count: 80   **Wall:** 0   **Level:** Phrased Chair Dance

Choreographer: Gail A. Dawson (USA) - August 2021

Music: Jump In the Line - Harry Belafonte

Part A 32c, Part B 16c, Part C 32c, A-B-C, A-B-C, A-B-C, A-A Plus-B-C, A (20 Counts to the end)
Intro: 32 count active intro (starts on the verse)
□
INTRO

1-8	Reaching hands up diagonally to the left move hands like shaking maracas R, L, R, L, R, L, R, L
1-8	Repeat 1-8 Reaching hands down diagonally to the right
1-8	Repeat 1-8 Reaching hands down diagonally to the left
1-8	Repeat 1-8 Reaching hands up diagonally to the right

PART A - 32 COUNTS
MARACAS, MARACAS, SHIMMY, MARACAS, MARACAS, SHIMMY

1,2	Reaching hands up diagonally to the left move hands like shaking maracas R, L
3,4	Reaching hands down diagonally to the right move hands like shaking maracas R, L
5,6,7,8	Alternate shoulders back and forth, R, L, R, L, R, L, R, L

REPEAT 1-8

PRESS, PRESS, SHIMMY

1,2	Reaching R arm across body twisting to L as R steps out to R, recover to original position
3,4	Reaching L arm across body twisting to R as L steps out to L, recover to original position
5,6,7,8	Alternate shoulders back and forth, R, L, R, L, R, L, R, L

REPEAT 1-8

PART B - 16 COUNTS
OUT, OUT, IN, IN, OUT, OUT, IN, IN

&1,2	R step out to R (&), L step out to L, hold (2) hands reaching to the inside of legs
&3,4	R step in (&), L step in beside R, hold (2) hands reaching to the outside of legs
&5,6	R step out to R (&), L step out to L, hold (2) hands reaching to the inside of legs
&7,8	R step in (&), L step in beside R, hold (2) hands reaching to the outside of legs

REPEAT 1-8

PART C - 32 COUNTS
HEEL, STEP, HEEL, STEP, SINGLE, SINGLE, DOUBLE

1,2	R heel forward, R step beside L
3,4	L heel forward, L heel step beside R
5,6	R step in place as R hand
7,8	L step, hold

HEEL, STEP, HEEL, STEP, SINGLE, SINGLE, DOUBLE

1,2	L heel forward, L step beside R
3,4	R heel forward, R heel step beside L
5,6	R step in place as arms pivot to R, L step as arms pivot to L
7&8	Step R, L, R with arm pivots

REPEAT THESE 2 SETS OF 1-8

PART A - PLUS

ADD 4 CLAPS AFTER THE FIRST 4 COUNTS OF EVERY SECTION OF PART A

PART A - PLUS

ADD 4 CLAPS AFTER THE FIRST 4 COUNTS OF EVERY SECTION OF PART A