## Take Me * Shake Me

Count: 48
Wall: 2
Level: Intermediate

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Choreographer: Heidi Van Sinten (NL) - July 2010
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Music: La Noche Es para Mí - Soraya


Intro: 32 counts
R cross, Side, Cross shuffle, L Cross, Side, Cross shuffle

| $1-2$ | RF cross over LF, LF step to left side |
| :--- | :--- |
| $3 \& 4$ | RF cross over LF, LF step to left side, RF cross over LF |
| $5-6$ | LF cross over RF, RF step to right side |
| $7 \& 8$ | LF cross over RF, RF step to right side, LF cross over RF (12) |
| (during these steps you move a little forward) |  |

$R$ rock step, Triple full turn $R$, $L$ hip bump, $R$ hip bump, $1 / 4 L$ hip bump, $L$ hook
1-2 RF rock forwards, weight back on LF
3\&4 Full turn right (step RF-LF-RF)
5-6 LF step to left side with hips to the left, sway hips to the right
7-8 1/4 turn left rock LF forward, weight back on RF and hook left leg for right leg (9)
L Walk, Walk, Side rock, Walk, R rock step, $1 / 4$ R side shuffle
1-2 LF step forward, RF step forward
\&3-4 LF rock to left side, weight back on RF, LF step forward
5-6 RF rock forward, weight back on LF
$7 \& 8 \quad 1 / 4$ right step RF to right side, LF step next to RF, RF step to right side (12)
$L$ rock step, Full turn $L$, L back rock, $1 / 4 \mathrm{R}$ side shuffle
1-2 LF rock forward, weight back on RF
3-4 $\quad 1 / 2$ turn left LF step forward, $1 / 2$ turn left RF step back
5-6 LF rock back, weight back on RF
7\&8 $\quad 1 / 4$ turn right LF step to left side, RF step next to LF, LF step to left side (3)
(option; instead of the full turn on counts 3-4,just walk 2 steps back, LF-RF)
R sailorstep, L Cross shuffle, $2 \times 1 / 4$ turn $L$, $R$ shuffle forward
1\&2 RF cross behind LF, LF step a little to left side, RF step a little to right side
3\&4 LF cross over RF, RF step to right side, LF cross over RF
5-6 turn 1/4 left RF step back, turn 1/4 left LF step forward
7\&8 RF step forward, LF step next to RF, RF step forward (9)
L side rock, Close, $R$ side rock, Close, Touch forward, Touch side, Sailorsep 1/4 turn L
1-2\& LF rock to the left, weight back on RF, LF step next to RF
3-4\& RF rock to the right, weight back on LF, RF step next to LF
5-6 LF touch toe forward, LF touch toe to left side
7\&8 turn $1 / 4$ left LF cross behind RF, RF step a little to the right, LF step to left side (6)

Finish ; At the end of wall 7 replace the last 4 counts with;
5-6 LF touch toe forward, LF touch toe to left side
7-8 LF touch toe behind RF, unwind $3 / 4$ left to end to the front wall (12)
HAVE FUN !!!

