Take Me * Shake Me

Level: Intermediate

Count:48Wall:2Choreographer:Heidi Van Sinten (NL) - July 2010Music:La Noche Es para Mí - Soraya

Intro: 32 counts	
	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
	LF cross over RF, RF step to right side
7&8 (during these sto	LF cross over RF, RF step to right side, LF cross over RF (12) eps 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	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 R side shuffle	
1-2	LF rock forward, weight back on RF
3-4	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	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, 2x 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 !!!	



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