

SHAKE YOUR SHAKIRAS

LINEDANCE.COM

Count: 56

Wall: 4

Level: intermediate

Choreographer: Dancin' Mamas

Music: La Tortura (Pop Version) by Shakira

CROSS ROCK, SIDE SHUFFLE, HEEL HOOKED $\frac{1}{4}$ TURN, HEEL & TOUCH

- 1-2** Rock left over right
- 3&4** Step left to left side, step right beside left, step left to left side
- 5-6** Cross right over left, lock left toes tight to right heel turning $\frac{1}{4}$ right on ball of right (use your left foot to push right foot into $\frac{1}{4}$ turn)
- &7&8** Step back on left, dig right heel forward, step right together, tap left beside right

SIDE, SAILOR STEP, &SIDE, BEHIND, SIDE BEHIND, SIDE, LONG STEP, KNEE "KNOCKS"

- 1** Step left to left side
- 2&3** Step right behind left, step left beside right, step forward on right
- &4&5** Step left behind right, right to right, left behind right, right to right (on right diagonal)
- 6-8** Take a large step forward on left (heel first), touch right beside left as you "knock" your knees together, turn knees out, in (weight ends on left)

Arms:

- 6-7** Stretch your arms forward on count 6, "pull" yourself forward touch right beside left

JUMP BACK, HITCH $\frac{1}{2}$ TURN LEFT, & SIDE, & SIDE, KNEE POPS

- &1** Jump back, right then left
- 2** Hitch right knee, make $\frac{1}{2}$ turn left on ball of left
- 3&4&5** Step right to right side (feet slightly apart) step left beside right, right to right side, step left beside right, right to right side
- 6** Pop left knee over right
- 7&8** Pop right knee over left, pop left knee over right, pop right knee over left (weight on left)

HEEL PUSH, WEAVE WITH SHAKE, SWAYS, HEEL JACKS

- 1** Push/kick right heel above the floor on right diagonal forward (flexed leg)
- 2&3** Step right behind left, left to left side, right over left (shake your shakiras)

- 4-5 Sway left, sway right
- &6 Step left back, cross right over left
- &7 Step left back, dig right heel forward, (facing right diagonal)
- &8 Step right beside left, cross left over right

GALLOP $\frac{3}{4}$ TURN RIGHT, DOROTHY STEP, SHUFFLE FORWARD

- 1& Step right $\frac{1}{4}$ turn right, step onto ball of left behind right (closed 3rd position throughout the gallop section)
- 2& Step right $\frac{1}{4}$ turn right, step onto ball of left behind right
- 3&4 Step right $\frac{1}{4}$ turn right, step onto ball of left behind right, step forward on right
- 5-6& Step left forward, lock right behind left, step forward on left
- 7&8 Shuffle forward, right, left, right

CROSS, BACK $\frac{1}{4}$ TURN, KICKBALL STEP, KICKBALL STEP, SCUFF, HITCH, BACK

- 1&2 Cross left over right, step back on right, make $\frac{1}{4}$ turn left step left forward
- 3&4 Kick right foot forward, step right beside left, step forward on left
- 5&6 Kick right foot forward, step right beside left, step forward on left
- 7&8 Scuff right foot forward, hitch right knee, step back on right

Restart from this point on walls 2 and 4

CROSS ROCK, TRIPLE FULL TURN LEFT, CROSS ROCK, SHUFFLE $\frac{1}{4}$ TURN RIGHT

- 1-2 Rock left over right, recover on right
- 3&4 Make $\frac{1}{4}$ turn left stepping left forward, make $\frac{1}{2}$ turn left stepping back on right, make $\frac{1}{4}$ turn left step left to left side
- 5-6 Rock right over left, recover on left
- 7&8 Shuffle right forward turning $\frac{1}{4}$ right

REPEAT

RESTART

Restart after count 48 on walls 2 and 4