



# MESMERISED

**Choreographed by :** Fred Whitehouse (IRL)& Shane McKeever (IRL) Jan 2021  
**Phrased** 2 Wall, Intermediate/Advance Level Dance  
**Choreographed to:** Shake It by Sunstroke Project feat. Fox Banger  
**Intro:** 8 Counts. Start on vocal at approx 4 secs.

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**Sequence:** AAA, BBB, AAA, BBBB, Tag, A + Ending

**Part A** 32 counts/2 walls

**1 – 8 HEEL JACK, HOLD, BALL CROSS DIP, ¼ L FWD, STEP ¼ CROSS, ¼ R X 2**

&1 – 2 Step R to R side, touch L heel fwd to L diagonal, hold

&3 – 4 Step L next to R, cross R over L bending in both knees, straighten up in knees and turn ¼ L stepping L fwd (9:00)

5&6 Step R fwd, turn ¼ L stepping onto L, cross R over L (6:00)

7 – 8 Turn ¼ R stepping back on L, turn ¼ R stepping R to R side (12:00)

**9 – 16 L CROSS ROCK, L STEP SLIDE, BEHIND SIDE CROSS, L HEEL GRIND ¼ L**

1 – 2 Cross rock L over R, recover back on R

3 – 4 Step L a big step to L side, slide R towards L

5&6 Cross R behind L, step L to L side, cross R over L

7 – 8 Rock L to L side on L heel, grind ¼ L on L heel recovering back on R (9:00)

**17 – 24 BACK L, TOUCH R FWD, OUT OUT RL, R KNEE POP, RUN ½ R, ¼ R WALKING RL FWD**

1 – 2 Step back on L, touch R toes fwd

&3 – 4 Step R back and small step out to R side, step L small step out to L side, pop R knee in towards L knee

5&6& Turn ¼ R stepping R fwd, step L fwd, turn ¼ R stepping R fwd, step L fwd (3:00)

7 – 8 Turn ¼ R walking R fwd, walk L fwd (6:00)

**25 – 32 ROCK R FWD, R BACK SLIDE, L COASTER STEP, WALK RL FWD**

1 – 2 Rock fwd on R, recover back on L

3 – 4 Step big step back on R, slide L towards R

5&6 Step back on L, step R next to L, step fwd on L

7 – 8 Walk R fwd, walk L fwd

**Part B** 16 counts/2 walls

**1 – 8 DIAGONAL R PUSH ROCK, BEHIND SIDE CROSS, POINT L&R, SWIVEL R HEEL & TOE, HITCH R**

1 – 2 Rock R to R diagonal pushing hips fwd, recover back on L (6:00)

3&4 Cross R behind L, step L to L side, cross R over L

5&6 Point L to L side, step L next to R, point R to R side

7&8 Swivel R heel to L side, swivel R toes to L side, hitch R knee

**9 – 16 SYNCOPATED R JAZZ BOX, CROSS, SIDE R, L SAILOR ¼ L, WALK RL WITH ¼ L**

1 – 2& Cross R over L, step back on L, step R to R side

3 – 4 Cross L over R, step R to R side

5&6 Cross L behind R, turn ¼ L stepping R next to L, step L fwd

**Styling** Shimmy shoulders during sailor step

7 – 8 Turn ½ L walking R fwd, turn ½ L walking L fwd

**Styling** Shimmy shoulders during walks (12:00)

**Tag** 4 counts, only comes once (comes after last B in the dance, facing 6:00)

**1 – 4 4 WALKS TURNING ½ L**

1 – 4 Turn ½ L walking R fwd, turn ½ L walking L fwd, turn ½ L walking R fwd, turn ½ L walking L fwd (12:00)

