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Shake 'N Bake

32 Count, 2 Wall, Intermediate Choreographer: Ephraim & Katherine Kirkland Choreographed to: Sexy Movimiento by Wisin & Yandel, CD: Los Extraterrestres; Earthquake by Ronnie Milsap (124 bpm), CD: Country Kickers; Mambo (English Version) by Helena Paparizou

(CROSS) ROCK, RECOVER-SIDE-ROCK, RECOVER-SIDE-CROSS, UNWIND (%), COASTER-STEP

- 1-2 Rock right (foot) across left, recover to left
- &3 Step right beside left, rock left across right
- 4& Recover to right, step left beside right

Restart here on walls 4 and 7 if dancing to Sexy Movimiento

- 5-6 Touch right across left, unwind ¾ turn to the left ending with weight on right (3:00)
- 7&8 Step left back, step right together, step left forward

STEP-TOUCH, HOLD, BACK-HEEL, HOLD, BACK, BACK, BACK, BACK

- &1 Step right to right diagonal, touch left toe diagonally behind right
- 2 Hold (pose) for one count (optional clap)
- &3 Step left back, dig (touch firmly) right heel forward (lean back for styling)
- 4 Hold your position (optional clap)
- 5 Step right back as you swivel your left toes out (left) and twist your left shoulder forward
- 6 Step left back as you swivel your right toes out (right) and twist your right shoulder forward
- 7-8 Repeat above two counts, stepping back right, then left (keep most of your weight on heels)

SIDE-BUMP-BUMP, (¼ RIGHT) SIDE-BUMP-BUMP, (¼ RIGHT) SIDE, (¼ RIGHT) SIDE, (¼ RIGHT) SIDE, TOUCH (CROSS)

- 1&2 Step right to side bumping hips to the right, bump left, bump right (still facing 3:00)
- 3&4 Turn (pivot) ¼ to the right and step left to side bumping left, bump right, bump left (6:00)
- 5-6 Turn ¼ right and step right to side (9:00), turn ¼ right and step left to side (12:00)
- 7 Turn ¼ right and step right to side (3:00)
- 8 Touch left toe slightly across right as you lean right shoulder back (clap if you like)

Steps 1-7 above should form a square box, as you make a full turn to the right

STEP, MAMBO-STEP, MAMBO-STEP, (1/4 RIGHT) CROSS, (1/4 RIGHT) TURN, (1/2 RIGHT) TURN-SIDE (1/4 RIGHT)

1 Step left forward

Phrasing option: If using the song Mambo; skip next 4 counts here during wall 8

- 2&3 Rock right forward, recover to left, step right back (right mambo)
- 4&5 Rock left back, recover to right, step left forward (left mambo)
- 6-7 Turn ¼ to the right and cross right over left (6:00), turn ¼ to the right and step left back (9:00)
- Turn ½ to the right and step right forward (3:00), turn ¼ right and step left to side (6:00)

Easier option for counts 6-8&: turn 1/4 right and step cross, side, cross, side (removing a full turn)

TAG

When dancing to "Sexy Movimiento", Repeat counts 1-4& on walls 4 & 7 (facing 6:00, then 12:00)

RESTART

When dancing to "Mambo", during wall 8, drop the mambo steps in counts 2-5 of last set (26-29, facing 9:00), dance the last 4 and restart

Music download available from iTunes