



Dance Sista

Choreographed by Forty Arroyo

Description: 64 count, 4 wall, intermediate line dance

Music: **Shake It** by Latin Soul Syndicate

Sequence: 64, Tag, 64, Tag, 64, 64, 64, Tag, 64 (Start on vocals)
Start dancing on lyrics

ROCK, STEP, TOUCH, TRIPLE, STEP, ¼ PIVOT, KICK

1-3-4&5 Rock forward on left, step right in place, touch left to right, triple side left, right, left(4&5)
6-7 Step side right, pivot ¼ left on right foot dragging left toward right, (weight on right)
8 Low kick left forward (end at 9:00)

TRIPLE/LOCK STEP, HIP ROLL, HIP BUMPS WITH ¼ HOLD

1&2 Step left back, lock right over left, step left back
Option: triple back
3-4 Roll hips around to the left ending with weight on left
5-7 (While turning ¼ to left) bump hips 3 times right and up
8 Hold (6:00)

BALL BUMP, STEP, BALL BUMP, COASTER STEP, STEP, SLOW ½ PIVOT

&1-2 Step right slightly forward, bump hips right, step right together
&3 Step left forward, bump hips left
4&5 Step left back, step right together, step left forward
6 Step right forward
7-8 Slow ½ turn left (circle hips for styling. End with weight on left, facing 12:00)

BALL BUMP, STEP, BALL BUMP, COASTER STEP, STEP, ½ PIVOT, STEP

&1-2 Step right slightly forward, bump hips right, step right together
&3 Step left forward, bump hips left
4&5 Step left back, step right together, step left forward
6-8 Step right forward, turn ½ left (weight to left), step right forward (6:00)

STEP, HOLD, BALL STEP, TOUCH. SIDE, TOUCH, SIDE, TOUCH

1-2 Step left forward, hold
&3-4 Step right together, step left forward, touch right together
5-8 Step right to side, touch left together, step left to side, touch right together

WALK, WALK, TOUCH, STEP, WALK, WALK, TOUCH, STEP

1 (Angling body toward 1:00) step right back
2 (Angling body toward 11:00) step left back
3-4 (Angling body toward 1:00) touch right back, step right back
5 (Angling body toward 11:00) step left back
6 (Angling body toward 1:00) step right back
7-8 (Angling body toward 11:00) touch left back, step left back

STEP, STEP, HIP THRUSTS, ¼ PIVOT WITH HIP ROTATION, REPEAT

1-2 Big step right forward, step left together
&3&4 (With bended knees) bump hips back, forward, back, forward
With bended elbows and a fist, pull arms back as you bump hips forward
5-6 Step right forward, turn 1/8 left (weight to left, circling hips from left to right)
7-8 Repeat 5-6 (completing ¼ turn left to end at 3:00)

JAZZ BOX, STEP, DRAG, TOUCH

1-4 Cross right over left, step left back, step right to side, step left together
5 Step right diagonally back
6-8 Drag left together (shimmy for counts 6-7 as you drag), touch left together

REPEAT

TAG

After wall #1(at 3:00), #2(at 6:00) and #5(at 3:00)

ROCK, STEP, TRIPLE, ROCK, STEP, TRIPLE (REPEAT)

1-2-3&4 Rock left forward, recover to right, triple back left, right, left

5-6-7&8 Rock right back, recover to left, triple forward right, left, right
9-16 Repeat steps 1-8

ENDING

1 Cross left over right
2-5 Unwind slowly $\frac{1}{2}$ to right toward 12:00
6 Step side right with a big hip bump to the right

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