

Mesmerised (CBA 2021)

Choreographed : Fred Whitehouse & Shane McKeever (Jan 2021)
Music : **Shake It "By" Sunstroke Project feat. Fox Banger**
Descriptions : 48 count - 2 wall - Phrased Intermediate / Advanced line dance
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Sequence: AAA, BBB, AAA, BBBB, Tag, A + Ending.

Intro: 8 Counts

A Part: 32 counts/2 walls

[1 - 8] Heel Jack, Hold, Ball Cross Dip, 1/4 L fwd, Step 1/4 Cross, 1/4 R X 2

&1 - 2 Step R to R side (&), touch L heel fwd to L diagonal (1), HOLD (2) 12:00

&3 - 4 Step L next to R (&), cross R over L bending in both knees (3), straighten up in knees and turn 1/4 L stepping L fwd (4) 9:00

5&6 Step R fwd (5), turn 1/4 L stepping onto L (&), cross R over L (6) 6:00

7 - 8 Turn 1/4 R stepping back on L (7), turn 1/4 R stepping R to R side (8) 12:00

[9 - 16] L Cross Rock, L Step Slide, Behind Side Cross, L Heel Grind 1/4 L

1 - 2 Cross rock L over R (1), recover back on R (2) 12:00

3 - 4 Step L a big step to L side (3), slide R towards L (4) 12:00

5&6 Cross R behind L (5), step L to L side (&), cross R over L (6) 12:00

7 - 8 Rock L to L side on L heel (7), grind 1/4 L on L heel recovering back on R (8) 9:00

[17 - 24] Back L, Touch R fwd, Out Out RL, R knee Pop, Run 1/2 R, 1/4 R Walking RL fwd

1 - 2 Step back on L (1), touch R toes fwd (2) 9:00

&3 - 4 Step R back and small step out to R side (&), step L small step out to L side (3), pop R knee in towards L knee (4) 9:00

5&6& Turn 1/4 R stepping R fwd (5), step L fwd (&), turn 1/4 R stepping R fwd (6), step L fwd (&) 3:00

7 - 8 Turn 1/4 R walking R fwd (7), walk L fwd (8) 6:00

[25 - 32] Rock R fwd, R Back Slide, L Coaster Step, Walk RL fwd

1 - 2 Rock fwd on R (1), recover back on L (2) 6:00

3 - 4 Step big step back on R (3), slide L towards R (4) 6:00

5&6 Step back on L (5), step R next to L (&), step fwd on L (6) 6:00

7 - 8 Walk R fwd (7), walk L fwd (8) 6:00

B Part: 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 (1), recover back on L (2) 6:00

3&4 Cross R behind L (3), step L to L side (&), cross R over L (4) 6:00

5&6 Point L to L side (5), step L next to R (&), point R to R side (6) 6:00

7&8 Swivel R heel to L side (7), swivel R toes to L side (&), hitch R knee (8) 6:00

[9 - 16] Syncopated R Jazz Box, Cross, Side R, L Sailor 1/4 L, Walk RL with 1/4 L

1 - 2& Cross R over L (1), step back on L (2), step R to R side (&) 6:00

3 - 4 Cross L over R (3), step R to R side (4) 6:00

5&6 Cross L behind R (5), turn 1/4 L stepping R next to L (&), step L fwd (6)

... *Styling: shimmy shoulders during sailor step 6:00*

7 - 8 Turn 1/8 L walking R fwd (7), turn 1/8 L walking L fwd (8)

... *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 1/2 L

1 - 4 Turn 1/8 L walking R fwd (1), turn 1/8 L walking L fwd (2), turn 1/8 L walking R fwd (3), turn 1/8 L walking L fwd (4) 12:00