Mesmerised (CBA 2021)

Count: 48 **Wall:** 2 **Level:** Phrased Intermediate / Advanced
Choreographer: Fred Whitehouse (IRE) & Shane McKeever (N.IRE) - January 2021
Music: Shake It (feat. Fox Banger) - Sunstroke Project

Intro: 8 counts from start of track (app. 4 secs into track). Start with weight on L foot
Sequence: AAA, BBB, AAA, BBBB, Tag, A + Ending.

EASY tag: 4 counts, facing 6:00. Tag described at bottom of page
Ending: During last A replace the last 2 walks with a pivot ½ turn L (step R fwd, turn ½ L onto L)

A Part: 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 (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 ¼ L stepping L fwd (4) 9:00
5&6	Step R fwd (5), turn ¼ L stepping onto L (&), cross R over L (6) 6:00
7 - 8	Turn ¼ R stepping back on L (7), turn ¼ R stepping R to R side (8) 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 (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 ¼ 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 ½ R, ¼ 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 ¼ R stepping R fwd (5), step L fwd (&), turn ¼ R stepping R fwd (6), step L fwd (&) 3:00
7 - 8	Turn ¼ 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 ¼ L, walk RL with ¼ 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 ¼ 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 ½ 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

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