

# 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  $\frac{1}{2}$  turn L (step R fwd, turn  $\frac{1}{2}$  L onto L)

## A Part: 32 counts/2 walls

### [1 - 8] Heel jack, Hold, ball cross dip, $\frac{1}{4}$ L fwd, step $\frac{1}{4}$ cross, $\frac{1}{4}$ 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  $\frac{1}{4}$  L stepping L fwd (4) 9:00
- 5&6 Step R fwd (5), turn  $\frac{1}{4}$  L stepping onto L (&), cross R over L (6) 6:00
- 7 - 8 Turn  $\frac{1}{4}$  R stepping back on L (7), turn  $\frac{1}{4}$  R stepping R to R side (8) 12:00

### [9 - 16] L cross rock, L step slide, behind side cross, L heel grind $\frac{1}{4}$ 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  $\frac{1}{4}$  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 $\frac{1}{2}$ R, $\frac{1}{4}$ 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  $\frac{1}{4}$  R stepping R fwd (5), step L fwd (&), turn  $\frac{1}{4}$  R stepping R fwd (6), step L fwd (&) 3:00
- 7 - 8 Turn  $\frac{1}{4}$  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 $\frac{1}{4}$ L, walk RL with $\frac{1}{4}$ 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  $\frac{1}{4}$  L stepping R next to L (&), step L fwd (6) ... Styling: shimmy shoulders during sailor step 6:00

7 - 8 Turn  $\frac{1}{8}$  L walking R fwd (7), turn  $\frac{1}{8}$  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  $\frac{1}{2}$  L**

1 - 4 Turn  $\frac{1}{8}$  L walking R fwd (1), turn  $\frac{1}{8}$  L walking L fwd (2), turn  $\frac{1}{8}$  L walking R fwd (3), turn  $\frac{1}{8}$  L walking L fwd (4) 12:00

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