

SHAKE, SENORA III CHOREO: Connie Goodman,
conniegoodman022@gmail.com
Music: CD Beetlejuice Soundtrack: Harry Belafonte 3:42
Rhythm: Phase III CHA Difficulty- Easy Rel : May 2024
Timing: SSQQS except where noted
Sequence: I – AB – AB - AB – ACB - End

INTRO BFLY WALL- WAIT THRU ODD SOUNDS AND 2 MEASURES:
[1-8]WT 2 ; ; CIRC AWY & TOG TO OP LOD ; ; WK 2, CHA ; X2; CIRC
AWY; & TOG BFLY ;

1-2: WAIT ; ;

3-4 CIRC AWY & TOG: FWD TRN, FWD TRN, FWD /CL/FWD; FWD TRN; FWD TRN , FWD /CL/ FWD [LOD] ;

5-6 WK 2 CHA X2;; FWD L, FWD R, FWD L/CL R/FWD L; FWD R, FWD L, FWD R/CL L/ FWD R;

7-8 : CIRC AWAY & TOG BFLY; REPEAT MEAS 3-4 ENDING IN BFLY;

PART A

[1-8] TRAV DOOR ; ; CUCAS ; ; RB SD WK 3; X2 ;CIRC AWY & TOG BFLY
; ;

1-2 Trav Door: RK SD L, REC R, XLIF/SD r, XLIF; RK SD L, REC R, XLIF/SD r, XLIF;

3-4 Cucaracha: SD L, REC R, CL L/ST,R, STP L;

5-6 SD WK 3: SD, CL, SD (S,S,S-); CL, SD, CL (S,S,S-);

7-8 CIRC AWY & TOG: REPEAT INTRO MEAS 3-4;;

PART B

[1-12] SLOW SD,DRAW,CL 2X ; ; BASIC;; CHASE W UNDRM PASS COH;;
CHASE PEEK A BOO;;;CHASE W UNDRM PASS WALL;;

1-2 SL SD DRAW CL; ; SD L, DRW R TO L, CL R; REPEAT PREV MEAS;

3-4 BASIC;; FWD L, REC R, SD L/CL R, SD; BK R, REC L, SD R/CL L, SD R;

5-6 CHASE W/ UNDRM PASS: FWD TRN, REC, FWD/CL, FWD;; BK, REC, SD/CL, SD;

(BK, REC, FWD/CL, FWD; FWD, FWD TRN LT, SD/CL, SD;)

7-10 CHASE PEEKABOO: FWD TRN 1/2, REC, FWD/CL, FWD; SD, REC, CL/SIP, SIP;

SD, REC, CL/SIP, SIP; FWD TRN 1/2, REC, FWD/CL, FWD;

(BK, REC, FWD/CL, FWD; SD, REC, CL/SIP, SIP; SD, REC, CL/SIP, SIP;

FWD, REC, BK/CL, BK;)

11-12CHASE W/ UNDRM PASS: REPEAT MES 5-6 PART B;;

REPEAT PART A

REPEAT PART B

REPEAT PART A

REPEAT PART B

REPEAT PART A

PART C

[1- 12] TRAV DR ; HIP RK 4 ; TRAV DR; LT CUCA; HIP RK 4; RT
CUCA;SD WK 3 LOD; HIP RK 4 ; SD WK 3 RLOD ; CIRC AWY CHA [COH];
TRNG HIP RK 4 TO FC PTNR; CHA TOG;

SHAKE, SENORA III PG 2

1- TRAVG DOOR: REPEAT MEAS 1- PART A;;
2 HIP ROCK 4: SD L W/ HIP ACTION, SD R W/ HIP ACTION, SD L W HIP ACTION, SD R W HIP ACTION;
3 TRAVG DOOR: REPEAT MEAS 2 PART A;
4 LT CUCA: REPEAT MEAS 3 PART A;
5 HIP ROCK 4: REPEAT MEAS 2 PART C;
6 RT CUCA: REPEAT MEAS 4 PART A;
7 SD WK 3: REPEAT MEAS 5 PART A;
8 HIP RK 4: : REPEAT MEAS 2 PART C;
9 SD WK 3: REPEAT MEAS 5 PART A;
10CIRC AWY TO FC COH (FC WALL): FWD TRN, FWD TRN, FWD/CL, FWD FCG COH;
11TRNG HIP RK 4 TO FC PTNR:FWD L W/ HIP ACTION TRNG LF (RF), FWD R, FWD L, FWD LT FCG
WALL/PARTNER
12 WK & CHA TOG: FWD L, FWD R, FWD L/CL R, FWD L:

REPEAT PART B

END

[1-5] TRAV DOOR ; ; CIR AWAY & TOG ; ; SLOW SD—CL—SD-- LUNGE;

1-2 TRAVG DOOR: REPEAT MEAS 1-2 PART A;;
3-4 CIRC AWY & TOG: REPEAT MEAS 7-8 PART A;;
5 SL SD, CL,SD, LNGE: SLOW SD, SLOW CL, SLOW SD, SL LUNGE;

QUICK CUES

INTRO BFLY WALL- WAIT THRU ODD SOUNDS AND 2 MEASURES:

[1-8]WT 2 ; ; CIRC AWY & TOG TO OP LOD ; ; WK 2, CHA ; X2; CIRC AWY; & TOG BFLY ;
PART A

[1-8] TRAV DOOR ; ; CUCAS ; ; SD WK ; X2 ;CIRC AWY & TOG BFLY ; ;
PART B

[1-12] SLOW SD,DRAW,CL 2X ; ; BASIC;; CHASE W UNDRM PASS COH;; CHASE PEEK A
BOO;;;CHASE W UNDRM PASS WALL;;
PART A

[1-8] TRAV DOOR ; ; CUCAS ; ; SD WK 3 ; X2 ;CIRC AWY & TOG BFLY ; ;
PART B

[1-12] SLOW SD,DRAW,CL 2X ; ; BASIC;; CHASE W UNDRM PASS COH;; CHASE PEEK A
BOO;;;CHASE W UNDRM PASS WALL;;
PART A

[1-8] TRAV DOOR ; ; CUCAS ; ; SD WK ; X2 ;CIRC AWY & TOG BFLY ; ;
PART B

[1-12] SLOW SD,DRAW,CL 2X ; ; BASIC;; CHASE W UNDRM PASS COH;; CHASE PEEK A
BOO;;;CHASE W UNDRM PASS WALL;;
PART A

[1-8] TRAV DOOR ; ; CUCAS ; ; SD WK ; X2 ;CIRC AWY & TOG BFLY ; ;
PART C

[1- 12] TRAV DR ; HIP RK 4 ; TRAV DR; LT CUCA; HIP RK 4; RT CUCA;SD WK 3 LOD; HIP RK 4 ; SD
WK 3 RLOD ; CIRC AWY [COH]; TRNG HIP RK 4 TO FC PTNR; CHA TOG;
PART B

[1-12] SLOW SD,DRAW,CL 2X ; ; BASIC;; CHASE W UNDRM PASS COH;; CHASE PEEK A
BOO;;;CHASE W UNDRM PASS WALL;;

END

[1-5] TRAV DOOR ; ; CIR AWAY & TOG ; ; SLOW SD—CL—SD-- LUNGE;

NOTE: SIDE WALKS CAN ALSO BE DONE AS SD WK CHA IF THE MUSIC IS SLOWED.