Shimmy Tonic

Count: 80 **Wall:** 3 **Level:** Phrased Advanced
Choreographer: Jean-Pierre Madge (CH) & Tim Johnson (UK) - March 2017
Music: Swalla (feat. Nicki Minaj & Ty Dolla $ign) - Jason Derulo

Pattern of Dance: A, TAG, Bx2, C, A, A (first 16 counts), TAG, Bx2, C, A, A (first 16 counts), TAG, Bx2, C, C

A(1-8) R Rock, R coaster, L Rock, L coaster.

1-2	Rock forward on the right, rock weight back on to the left
3&4	step right back, step left back next to right, step right forward
5-6	Rock forward on the left, rock weight back on to the right
7&8	step left back, step right back next to left, step left forward

A(9-16) Step forward R, Step forward left ¼ turn, R sailor ¼ turn, Step left-pop left arm, step right-pop right arm.

1-2	Step forward on the right, step forward on the left making a ¼ turn to the right
3&4	Step right behind left, step together with left, step right forward making a ¼ turn to the right
5&6&	Stomp left down and shrug left shoulder, pop left arm over 3 counts rolling out towards your hand
7&8&	Stomp right down and shrug right shoulder, pop right arm over 3 counts rolling out towards your hand

A(17-24) Cross L, step back R ¼ turn, L side shuffle, cross R, step back L ¼ turn, R sailor ¼.

1-2	Cross left over right, step back on the right making a ¼ turn to the left
3&4	step left out to the left side, bring right next left, step left out to left side travelling left
5-6	Step forward right, step forward the left foot making a ¼ turn to the right
7&8	Step right behind left, step together with the left, step right forward making a ¼ turn to the right

A(25 – 32) heals out-out in-in, feet out-out in-in, kick & hitch step down, arms out-out in-in, draw up.

1&2&	Step out left heel to left diagonal, step out right heel to right diagonal, step left foot back in place, step right next to left
3&4&	step left out to left side, step right out to right side, step left back in place, step right next to left
5&6	Kick right foot out to right side, hitch right knee bringing leg in, step right back in place
&7&8&	unfold right arm out to right diagonal (7'o clock position), unfold left arm out to left diagonal (5'o clock position), fold right arm in so your hand is level with your stomach, bring left arm in with hand just below the right, bring right arm up and keep left in place as if zipping up a jacket.

TAG (1-8) rock right forward, out-out hold, right arm right to left, clap, drink

1-2	Rock right forward, rock back on to left (this will be on the opposite feet on tags 2 &3)
&3-4	Step right foot out to right side, step left foot out to left side, hold (this will be on the opposite feet on tags 2&3)
5-6	Reach right arm out to right side (as if holding a glass), bring arm across body making a ¼ turn with right arm now out in front (still holding the glass)
&7-8	bring left palm up and clap using bottom of your right fist, bring right arm up to face (as if taking a drink), drop right arm back down to left palm

TAG (9-16) rock right forward, step right out hip bump sit right hip hold, step left 1/4 turn, step right ½ turn, left sweep ½ turn pop.

1-2	Rock right foot forward, rock back on to left

&3-4	Hip bump left, step out to right side and sit weight in to right hip whilst sitting weight down left arm goes palm down towards belt buckle and right arm is straight palm facing down behind your back, hold.
5-6	Step weight on to left foot making a ¼ turn to the left, step right foot forward
&7-8&	pivot ½ a turn to the left, step right foot forward making a ¼ turn to the left, sweep left foot round making a ¼ turn to the left, drop weight back to left foot.

B(1-8) right diagonal slide, drag left, left diagonal slide, drag right, rock right, vine left ½ turn

1-2	step right foot out to right diagonal, drag left up to right
3-4	step left foot out to left diagonal, drag right up to left
5-6	rock forward right, rock back on to left
7&8	Step right behind left making a ¼ turn to the left, step left to left side, make a ¼ turn by stepping the right foot forward

B(9-16) rock left, left side shuffle 1/2, cross right step back left, step out right, cross left, step back right, step out left, touch right in place

1-2	rock left foot forward, rock back on to the right
3&4	step left foot back making a ¼ turn to the left, step right in place, make a ¼ turn to the left stepping the left foot forward
5&6&7&8	travelling backwards cross right over left, step back left, step back right, cross left over right, step back right, step left to left side, touch right in place.

C(1-8) Slide Right, rock and, Slide Left, rock and, step right ¼ turn, step out left 1/4 turn, right sailor 1/4

1&2	slide out to the right, rock left behind right, rock back on to right
3&4	slide out to the left, rock right behind left, rock back on to left
5-6	step right foot out to right side making a ¼ turn to the right, make another ¼ to the right step out with the left
7&8	step right behind left, bring left next to right, step forward right making a ¼ turn to the right

C(9-16)Right samba 1/4 , left samba 1/4 , rock left, left side shuffle half.

1&2	cross left over right, bring right foot next to left, step back left making a ¼ turn to the left
3&4	step right behind left, bring left foot next to right, step forward on the right making a ¼ to the left
5-6	rock forward on the left, rock weight back on the right
7&8	step left out to the left making a ¼ turn to the left, bring the right next to left, make a further ¼ turn stepping the left forward.

Have Fun!

Note: on the first Tag on the first count you will rock forward on the right foot, on the other two Tags you will rock forward on the left. Don't panic it will come naturally...

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