

# Shimmy And Shake

**COPPER KNOB**  
STEPSHEETS

Count: 32

Wand: 4

Ebene: Ultra Beginner

Choreograf/in: John Dembiec (USA) - March 2016

Musik: Girls in Bikinis - Lee Brice



#32 count intro Start on vocals

**\*\*Music note – You may also use the remix version with Bubba Sparxxx.  
Intro and phrasing remain the same.**

## **[1-8] □ STEP TOGETHER TRIPLE FORWARD (X2)**

- 1-2 Step R forward, Step L next to R
- 3&4 Step R forward, Step L next to R, Step R forward
- 5-6 Step L forward, Step R next to L
- 7&8 Step L forward, Step R next to L, Step L forward

## **[9-16] □ STEP DIAGONAL SWIVEL FOOT FORWARD (X2)**

- 1-4 Step R forward to R diagonal, Swivel L foot next to R heel-toe-heel (weight stays on R)
- 5-8 Step L forward to L diagonal, Swivel R foot next to L heel-toe-heel (weight stays on L)

**(Restart here on 2nd wall. Only time this happens)**

**(Note: Instructors option to syncopate swivels 3&4 and 7&8)**

## **[17-24] □ STEP DRAG TO SIDE WITH BODY SHIMMY (X2)**

- 1-4 Step R to R, Drag L next to R as you shimmy your body (weight stays on R)
- 5-8 Step L to L, Drag R next to L as you shimmy your body (weight stays on L)

## **[25-32] □ ROCKING CHAIR, ¼ TURN WITH HIP ROLLS**

- 1-2 Rock R forward, Replace to L
- 3-4 Rock R back, Replace to L
- 5-8 Making ¼ turn L, step pivot twice R,L,R,L while rolling hips counter clockwise

**REPEAT AND HAVE FUN !!!!!**

Contact ~ E-mail: TwStpr@aol.com