J & K Shimmy



Count: 56

Wand: 4

Ebene: Intermediate

Choreograf/in: Karen Benjamin Hayes (USA) & Jennifer Jenkins McPherson (USA) - October 2022

Musik: Something In Your Mouth - Nickelback

[1-8] SHIMMY X4

- 1&2 R shoulder forward
- 3&4 R shoulder back
- 5&6 R shoulder forward
- 7&8 R shoulder back

[9-16] GRAPEVINE W/HEEL JACK X2

- 1, 2, 3&4 Step side R, L behind, Step side R, Heel jack L, Cross R over L
- 5, 6, 7&8 Step side L, R behind, Step side L, Heel jack R, Cross L over R

[17-24] SHUFFLE FWD X2, ¼ TURN X2

- 1&2 Step R forward, Step L next to R, Step R forward
- 3&4 Step L forward, Step R next to L, Step L forward
- 5, 6, 7, 8 Step R, ¼ turn to L

[25-32] SAILOR STEPS X2, CROSS ½ UNWIND, SINGLE HIP BUMPS

- 1&2 Step right crossed behind left, step left to left side, step right to right side
- 3&4 Step left crossed behind right, step right to right side, step left to left side
- 5, 6 Cross R over L, ¹/₂ turn over L shoulder
- 7, 8 Hip bump once to R and once to L

[33-40] ROLLING VINE X2

- 1, 2,3,4 Step R forward ¼ turn to R, Step L to L side ¼ turn to R, Step back R ¼ turn to R, Touch L next to R ¼ turn to R (Back at the wall you started with)
- 5, 6, 7, 8 Step L forward ¼ turn to L, Step R to R side ¼ turn to L, Step back L ¼ turn to L, Touch R next to L ¼ turn to L (Back at the wall you started with)

[41-48] SHUFFLE FWD, ½ SHUFFLE BACK, ½ SHUFFLE FWD, ½ SHUFFLE BACK

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

[49-56] COASTER, WALK X2, ¼ TURN SLIDE, SINGLE HIP BUMPS

- 1&2 Step back on R, Step L next to R, Step forward R
- 3,4 Walk forward L, R
- 5, 6 Step L forward marking ¼ turn to R, Slide R next to L
- 7, 8 Hip bump once to R and once to L

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