Shimmy Shimmy Cocoa Bop

Count: 60 **Wand:** 2 **Ebene:** Improver

Choreograf/in: Hal Hill (USA)

Musik: Be Bop a Lula - Scooter Lee

VINE RIGHT, KNEE BOPS

| 1-4 | Step right to right side, cross left behind right, step right to right side, touch left beside right |
| 5-8 | Change weight to left to right to left to right while doing knee bops |

STEP AND TURN, KICK BALL CHANGE, STEP AND TURN

1-2	Step left foot forward on 1, hold on 2
3-4	Turn ½ turn to the right
5&6	Kick left foot forward, step on left foot, change weight to right
7-8	Step left foot forward, turn ½ turn to the right

SHIMMY TO LEFT AND SHIMMY TO RIGHT

1-2	Step left foot to left side while bending knees slightly and shimmy
3-4	Shimmy to left while bringing right foot beside left
5-6	Step right foot to right side while bending knees slightly and shimmy
7-8	Shimmy to right while bringing left foot beside right

VINE LEFT, KNEE BOPS

| 1-4 | Step left foot to left side, cross right behind left, step left to left side, touch right beside left |
| 5-8 | Change weight to right to left to right to left while doing knee bops |

STEP AND TURN, KICK BALL CHANGE, STEP AND TURN

1-2	Step right foot forward on 1, hold on 2
3-4	Turn ½ turn to the left
5&6	Kick right foot forward, step on right foot, change weight to left
7-8	Step forward on right, make ½ turn to left

TRIPLE STEP, ROCK STEP, TRIPLE STEP, ROCK STEP

1&2	Step forward on right, change weight to left, change weight to right
3-4	Step forward on left, rock back on right
5&6	Step back on left, change weight to right, change weight to left
7-8	Step back on right, rock back on left foot

TRIPLE STEP, STEP AND TURN, TRIPLE STEP, STEP AND TURN

1&2	Step forward on right, change weight to left, change weight to right
3-4	Step forward on left, make ½ turn to right
5&6	Step forward on left, change weight to right, step on left
7-8	Step forward on right, make ½ turn to left

¼ TURN LEFT

1	Step right foot in front of left
2	Make ¼ turn left
3-4	Stomp right foot beside left and clap

REPEAT