

Shimmy, Shimmy, Shake

Count: 32

Wand: 4

Ebene:

Choreograf/in: Rick Bates (USA) & Deborah Bates (USA)

Musik: Dance the Night Away - The Mavericks



STEP, HOLD, STEP, HOLDS

Shimmy or shoulder shakes are suggested for the following.

- 1-2 Bend forward slightly and begin shimmy or shoulder shakes as you step forward and diagonally to the right on right foot; hold and continue shimmy or shoulder shakes
- 3-4 Step left foot next to right and continue shimmy or shoulder shakes; hold and finish shimmy or shoulder shakes (weight on left foot)
- 5-6 Bend forward slightly and begin shimmy or shoulder shakes as you step forward and diagonally to the right on right foot; hold and continue shimmy or shoulder shakes
- 7-8 Step left foot next to right and continue shimmy or shoulder shakes; hold and finish shimmy or shoulder shakes (weight on left foot)

STEP, HOLD, SYNCOPATED STEPS, HOLDS

Ladies: for added styling, place left hand (palm out) on left hip, right hand behind neck during the following

- 9-10 Step to the right on right foot; hold
- &11-12 Step left foot next to right; step to the right on right foot (push hips to the right with step); hold
- &13-14 Step left foot next to right; step to the right on right foot (push hips to the right with step); hold
- 15-16 Pivot ¼ turn to the left on balls of both feet; transfer weight to left foot

KICK, KICK, ROCK, ROCK

- 17-18 Kick right foot forward twice
- 19-20 Rock step back on right foot; rock forward onto left foot

STEP, HOLD, CROSS, HOLDS

Hand movements suggested for the following.

- 21-22 Step to the right on right foot; placing hands out to side, left hand out to the left, right hand out to the right (palms down); hold
- 23-24 Cross left foot over right and step, crossing hands, left hand out to the right, right hand out to the left (palms down); hold
- 25-26 Step to the right on right foot; placing hands out to the side, left hand out to the left, right hand out to the right (palms down); hold
- 27-28 Cross left foot over right and step crossing hands, left hand out to the right, right hand out to the left (palms down); hold

UNWIND, ROCK, ROCK

- 29-30 Unwind ½ turn to the right on balls of both feet; transfer weight to left foot
- 31-32 Rock step back on right foot; rock forward onto left foot

REPEAT