J & K Shimmy



Count: 56 Wall: 4 Level: Intermediate

Choreographer: Karen Benjamin Hayes (USA) & Jennifer Jenkins McPherson (USA) - October

2022

Music: 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, 1/4 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 1/2 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, ½ 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, 1/2 SHUFFLE BACK, 1/2 SHUFFLE FWD, 1/2 SHUFFLE BACK

1&2	Step R forward, Step L next to R, Step R forward
3&4	½ turn step back L, Step R next to L, Step L back
5&6	½ turn step forward R, Step L next to R, Step R forward
7&8	½ turn step back L, Step R next to L, Step L back

[49-56] COASTER, WALK X2, 1/4 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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