Body Shimmy Boogie



Count: 64 Wall: 4 Level:

Choreographer: Clinton Vince (UK)

Music: Hard On the Ticker - Tim McGraw



STOMP INTO HIP BUMPS

1-4 Stomp right foot forward at 45 degrees as hips bump right, left, right, left

SHUFFLE AND ROCK FORWARD

5-8 Right forward shuffle, rock weight forward on to left foot and back on to right foot in place

BACKWARD SHUFFLES

9-12 Left backward shuffle, right backward shuffle

STOMP INTO HIP BUMPS

13-16 Stomp left foot forward as hips bump left, right, left, right

FORWARD SHUFFLE 1/2 TURN LEFT

17-20 Left forward shuffle, step forward on right foot, pivot ½ turn left

KICKBALL CHANGE, OVER VINE 1/4 TURN LEFT

21&22 Kick right foot forward, step the right foot next to left and step the left foot next to right foot 23-26 Cross step right foot in front of left foot, step left foot to left side, cross step right foot behind left foot, step ½ on left foot to the left

STOMPS AND TOE TOUCHES

Stomp right foot beside left and kick right foot forward, touch right toe to right side and step back on to right foot taking weight
 Touch left toe to left side and step back onto left foot taking weight, touch right toe to right side and step back onto right foot taking weight
 Touch left toe to left side and back to center beside right

SYNCOPATED STEPS OUT & IN, STOMP & SHIMMY

Step to the right on right foot and step to the left on left foot, clap

Step home on right foot and step left foot next to right, clap

41-48 Stomp right foot forward and shimmy shoulders forward for four beats and back for four beats

FORWARD SHUFFLES, HEEL SLAPS 1/4 TURN LEFT

49-52 Right forward shuffle, left forward shuffle

Hitch right leg behind left and slap inside of right heel, pivot ¼ turn to left on left foot,

swinging right heel to the right side and slap outside of right heel

OVER VINE 1/4 TURN LEFT

55-58 Cross step right foot over left, step left to left side, cross right behind left, step ¼ turn to left

on left foot

STOMPS AND SAILOR SHUFFLES

59-60 Stomp right foot beside left and then left beside right

61&62 Cross step right behind left and step left to left and right to right side
63&64 Cross step left behind right and step right to right side and left to left side

REPEAT

