

Shimmy And Shake

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Ultra Beginner
编舞者: John Dembiec (USA) - March 2016
音乐: Girls in Bikinis - Lee Brice



#32 count intro Start on vocals

****Music note – You may also use the remix version with Bubba Sparxxx.
Intro and phrasing remain the same.**

[1-8] □ STEP TOGETHER TRIPLE FORWARD (X2)

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

[9-16] □ STEP DIAGONAL SWIVEL FOOT FORWARD (X2)

1-4 Step R forward to R diagonal, Swivel L foot next to R heel-toe-heel (weight stays on R)
5-8 Step L forward to L diagonal, Swivel R foot next to L heel-toe-heel (weight stays on L)
(Restart here on 2nd wall. Only time this happens)
(Note: Instructors option to syncopate swivels 3&4 and 7&8)

[17-24] □ STEP DRAG TO SIDE WITH BODY SHIMMY (X2)

1-4 Step R to R, Drag L next to R as you shimmy your body (weight stays on R)
5-8 Step L to L, Drag R next to L as you shimmy your body (weight stays on L)

[25-32] □ ROCKING CHAIR, ¼ TURN WITH HIP ROLLS

1-2 Rock R forward, Replace to L
3-4 Rock R back, Replace to L
5-8 Making ¼ turn L, step pivot twice R,L,R,L while rolling hips counter clockwise

REPEAT AND HAVE FUN !!!!!

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