

# Shimmy 'n Shake

**COPPER** KNOB  
STEPSHEETS

拍数: 48      墙数: 4      级数: Beginner  
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音乐: Shake That Thing - The Fantastic Shakers



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## FORWARD DIAGONAL RIGHT, SHAKE, RECOVER, SHAKE HIPS, BACK DIAGONAL RIGHT, SHAKE, RECOVER, SHAKE

- 1-2      Step right foot forward on diagonal to right, shake hips
- 3-4      Recover weight to left foot, shake hips
- 5-6      Step right back on a diagonal, shake hips
- 7-8      Recover weight to left foot, shake hips

## FORWARD RIGHT, LEFT, RIGHT, HOLD, TAP HEEL 3X, HOLD

- 1-4      Walk forward right, left, right, hold (both hands down by sides, palms down)
- 5-8      Tap right heel in place three times (with attitude), hold

## HIP BUMPS RIGHT, HIP BUMPS LEFT, TWO HIP ROLLS

- 1-4      Bump hips right twice, bump hips left twice
- 5-8      Roll hips to the left twice (two counts per roll)

## SHIMMY SHOULDERS FORWARD, BACK, RIGHT, LEFT

- 1-4      Shimmy shoulders forward for 2 counts (leaning forward, shimmy shoulders back for 2 counts (leaning back)
- 5-8      Shimmy shoulders to right for 2 counts (leaning right), shimmy shoulders to left for 2 counts (leaning left)

## SIDE SHUFFLE RIGHT, BACK ROCK, SIDE SHUFFLE LEFT, BACK ROCK

- 1&2-3-4      Shuffle side right, step left foot back behind right, recover weight to right foot
- 5&6-7-8      Shuffle side left, step right foot back behind left, recover weight to left foot

## TWO 1/8 ROLLING TURNS LEFT, SIDE, ROCK, BACK, ROCK, SIDE, ROCK, TOUCH

- 1-2      Step right ball of foot to right side and while rolling hips to the left, turn 1/8 turn to left
- 3-4      Repeat 1-2
- 5&6&      Step right ball of foot to right side, recover weight to left, step right ball of foot behind left foot, recover weight to left foot
- 7&8&      Step right ball of foot to right side, recover weight to left foot, step right ball of foot behind left foot, recover weight to left

## REPEAT

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