## Shimmy Shimmy Cocoa Bop

拍数： 60
壇数： 2
级数：Improver
编舞者：Hal Hill（USA）
音乐：Be Bop a Lula－Scooter Lee

## VINE RIGHT，KNEE BOPS

1－4 Step right to right side，cross left behind right，step right to right side，touch left beside right 5－8 Change weight to left to right to left to right while doing knee bops

STEP AND TURN，KICK BALL CHANGE，STEP AND TURN
1－2 Step left foot forward on 1，hold on 2
3－4 Turn $1 / 2$ turn to the right
5\＆6 Kick left foot forward，step on left foot，change weight to right
7－8 Step left foot forward，turn $1 / 2$ turn to the right

## SHIMMY TO LEFT AND SHIMMY TO RIGHT

1－2 Step left foot to left side while bending knees slightly and shimmy
3－4 Shimmy to left while bringing right foot beside left
5－6 Step right foot to right side while bending knees slightly and shimmy
7－8 Shimmy to right while bringing left foot beside right
VINE LEFT，KNEE BOPS
1－4 Step left foot to left side，cross right behind left，step left to left side，touch right beside left
5－8 Change weight to right to left to right to left while doing knee bops
STEP AND TURN，KICK BALL CHANGE，STEP AND TURN
1－2 Step right foot forward on 1，hold on 2
3－4 Turn $1 / 2$ turn to the left
5\＆6 Kick right foot forward，step on right foot，change weight to left
7－8 Step forward on right，make $1 / 2$ turn to left
TRIPLE STEP，ROCK STEP，TRIPLE STEP，ROCK STEP
1\＆2 Step forward on right，change weight to left，change weight to right
3－4 Step forward on left，rock back on right
5\＆6 Step back on left，change weight to right，change weight to left
7－8 Step back on right，rock back on left foot
TRIPLE STEP，STEP AND TURN，TRIPLE STEP，STEP AND TURN
1\＆2 Step forward on right，change weight to left，change weight to right
3－4 Step forward on left，make $1 / 2$ turn to right
5\＆6 Step forward on left，change weight to right，step on left
7－8 Step forward on right，make $1 / 2$ turn to left
$1 / 4$ TURN LEFT
1 Step right foot in front of left
$2 \quad$ Make $1 / 4$ turn left
3－4 Stomp right foot beside left and clap
REPEAT

