Shimmy Coco



Count: 64 Wand: 2 Ebene: Improver

Choreograf/in: Betsy Baugess (USA)

Musik: Louisiana CoCo - The Kentucky Headhunters



STEP OUT TO RIGHT/LEFT; HEEL DOWN; HANDS ON THIGHS; SHIMMY

1-2 Step out to the right on toe and heel down3-4 Step out the left on toe and heel down

Weight is evenly spread, feet shoulder-width apart for first 32 counts

5-6 Slap/place both hands palms-down on the front of your thighs; hold

7-8 Shimmy with shoulders and hips, down and up

PIVOT TURNS 1/4 LEFT WITH RIGHT, RIGHT WITH LEFT; (HANDS ON THIGHS-FEET SPREAD); SHIMMY

1-2 Flat-footed pivot turn ¼ left with right 3-4 Flat-footed pivot turn ¼ right with left

5-8 Shimmy with shoulders and hips, down and up

PIVOT TURNS 1/4 LEFT WITH RIGHT, RIGHT WITH LEFT; (HANDS ON THIGHS-FEET SPREAD); HEEL/TOE SWIVELS

1-2 Flat-footed pivot turn ¼ left with right
3-4 Flat-footed pivot turn ¼ right with left
5-8 Quick short heel swivels - in/out, in/out

PIVOT TURNS 1/4 LEFT WITH RIGHT, RIGHT WITH LEFT; (HANDS ON THIGHS-FEET SPREAD); KNEE KNOCKS

1-2 Flat-footed pivot turn ¼ left with right
3-4 Flat-footed pivot turn ¼ right with left
5-8 "Knock" both knees in/out together

TOUCH ACROSS; TOUCH ;BACK CROSS; POINT; REPEAT

1-2	Touch right toe across left; touch right beside left
3-4	Cross right behind left and point left to the side
5-6	Touch left toe across right; touch left beside right
7-8	Cross left behind right and point right to the side

TOUCH ACROSS; TOUCH ;BACK CROSS; POINT; REPEAT

1-2	Touch right toe across left; touch right beside left
3-4	Cross right behind left and point left to the side
5-6	Touch left toe across right; touch left beside right
7-8	Cross left behind right and point right to the side

TOUCH, CROSS; PIVOT TURN; SHIMMY

1-2	Touch right toe across	left; touch out to the right

3-4 Cross right over left and pivot ½ turn

5-8 Shimmy with shoulders and hips, down and up

STEP UP AND BACK; CROSS TOUCH; STEP; CROSS LEFT; HOLD

1-2	Step forward right; step left beside right
3-4	Step back right; step back left beside right
5-6	Cross touch right over left and step back down on right

7-8 Cross left over right; hold