

# Tracy's Shimmy

**COPPER**KNOB  
BY STEPHENETS

Count: 32

Wand: 2

Ebene: Beginner

Choreograf/in: Hans Kurt Mortensen (DK)

Musik: I'm from the Country - Tracy Byrd



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## SHUFFLE RIGHT, ROCK RECOVER, SHUFFLE LEFT, ROCK RECOVER

- 1&2 Step right to right, step left next to right, step right to right  
3-4 Rock left behind right, recover on right  
5&6 Step left to left, step right next to left, step left to left  
7-8 Rock right behind left, recover on left

## KICK BALL CHANGE, ROCK BACK RIGHT, RECOVER, PIVOT LEFT TWICE

- 9-10 Kick right forward, step right beside left, step left beside right  
11-12 Rock back on right, recover on left.  
13-14 Step forward on right, pivot ½ turn left  
15-16 Step forward on right, pivot ½ turn left

## SHUFFLE RIGHT, ROCK RECOVER, SHUFFLE LEFT, ROCK RECOVER

- 17&18 Step right to right, step left next to right, step right to right  
19-20 Rock left behind right, recover on right  
21&22 Step left to left, step right next to left, step left to left  
23-24 Rock right behind left, recover on left

## LONG STEP SLIDES (SHIMMY) CLAP, PIVOT ½ TURN RIGHT, KICK BALL TOUCH

- 25-26 Step forward on right foot (long step) and shake upper torso  
27-28 Touch left foot next to right foot and clap  
29-30 Step forward on left foot, pivot ½ turn right  
31&32 Kick left forward, step left beside right, touch right beside left

**REPEAT**

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