

The Bikini Shuffle

Count: 40

Wand: 0

Ebene:

Choreograf/in: Belle Doughty (USA)

Musik: If I Had a Cheatin' Heart - Ricky Lynn Gregg



VINE TO THE LEFT

- 1 Left foot step to the left
- 2 Right foot step behind left leg to the left
- 3 Left foot step to the left
- 4 Right foot brush forward beside left foot

VINE TO THE RIGHT

- 5 Right foot step to the right
- 6 Left foot step behind right leg to the right
- 7 Right foot step to the right
- 8 Left foot brush forward beside right foot

- 9 Left heel touch forward
- 10 Left foot step to close to right foot
- & Right heel touch forward
- 11 Right heel step to close to left foot
- & Left heel touch forward
- 12 Left knee lift until thigh is parallel to the floor

- 13 Left foot step forward
- 14 Right knee bend and right leg swing behind left leg to the left
- 15 Right foot step backward
- 16 Left knee lift until thigh is parallel to the floor

- 17 Left foot step forward and weight rocks forward
- 18 Weight rocks backward
- 19 Weight rocks forward
- 20 Left toe pivot $\frac{1}{4}$ turn to the left and right knee lift until thigh is parallel to the ground

VINE TO THE RIGHT

- 21 Right foot step to the right
- 22 Left foot step behind right leg to the right
- 23 Right foot step to the right
- 24 Left foot brush forward beside right foot

CHA-CHA STEPS FORWARD-SYNCOPATED RHYTHM

- 25-26 Left foot step forward, right foot step forward, left foot step forward
- 27-28 Right foot step forward, left foot step forward, right foot step forward
- 29-30 Left foot step forward, right foot step forward, left foot step forward
- 31 Right foot step backward
- 32 Left foot step backward
- 33 Left toe pivot $\frac{1}{4}$ turn to the left and right foot step backward
- 34 Left foot brush backward beside right foot
- 35 Left foot step to the left and hips bump to the left
- 36 Hips bump to the left

HIP BUMPS

- 37 Hips bump to the right
- 38 Hips bump to the right
- 39 Hips bump to the left
- 40 Hips bump to the right

REPEAT
