

# Shrek'n

**COPPER KNOB**  
STEPSHETS

**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Liz Rosenblatt (USA)

**Music:** I'm a Believer - Smash Mouth



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## **RIGHT GRAPEVINE, ROLLING LEFT GRAPEVINE, HITCH**

1-4 Step right, cross left behind, step right, touch left

5-8 Step left, making ½ turn, step right, making ½ turn, step left, hitch right foot

**Clap hands while hitching**

## **ROCK, RECOVER, STEP HITCH TURN, STEP HITCH TURN, STEP, HITCH**

9-12 Rock right foot forward on left diagonal, recover on left foot, step right to side and hitch left foot while making ½ turn to right

13-16 Step left and hitch right making ½ turn to right, step right to side and hitch left foot

**Clap hands while hitching**

## **LEFT SIDE MAMBO, ROCK BEHIND, RECOVER (REPEAT)**

17-20 Step left to side, step right to side (rocking motion), step left behind right foot, step right in place

21-24 Repeat

## **FORWARD LUNGE LEFT, ½ TURN LUNGE RIGHT, ¼ TURN LEFT, TWIST**

25-26 Step left foot forward and bend knees (lunge), hold

27-28 Pivot ½ turn to right and lunge, hold

29-32 Turn ¼ to left and twist (have palms of hands facing ceiling)

**REPEAT**

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