

Shrek'n

Count: 32

Wall: 4

Level: Improver

Choreographer: Liz Rosenblatt (USA)

Music: I'm a Believer - Smash Mouth



RIGHT GRAPEVINE, ROLLING LEFT GRAPEVINE, HITCH

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

5-8 Step left, making $\frac{1}{2}$ turn, step right, making $\frac{1}{2}$ 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 $\frac{1}{2}$ turn to right

13-16 Step left and hitch right making $\frac{1}{2}$ 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, $\frac{1}{2}$ TURN LUNGE RIGHT, $\frac{1}{4}$ TURN LEFT, TWIST

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

27-28 Pivot $\frac{1}{2}$ turn to right and lunge, hold

29-32 Turn $\frac{1}{4}$ to left and twist (have palms of hands facing ceiling)

REPEAT
