

# Shimmy And Shake

**COPPER** KNOB  
BY STEPHENETS

Compte: 32

Mur: 4

Niveau: Ultra Beginner

Chorégraphe: John Dembiec (USA) - March 2016

Musique: Girls in Bikinis - Lee Brice



#32 count intro Start on vocals

**\*\*Music note – You may also use the remix version with Bubba Sparxxx.  
Intro and phrasing remain the same.**

## [1-8] □ STEP TOGETHER TRIPLE FORWARD (X2)

1-2 Step R forward, Step L next to R  
3&4 Step R forward, Step L next to R, Step R forward  
5-6 Step L forward, Step R next to L  
7&8 Step L forward, Step R next to L, Step L forward

## [9-16] □ STEP DIAGONAL SWIVEL FOOT FORWARD (X2)

1-4 Step R forward to R diagonal, Swivel L foot next to R heel-toe-heel (weight stays on R)  
5-8 Step L forward to L diagonal, Swivel R foot next to L heel-toe-heel (weight stays on L)

**(Restart here on 2nd wall. Only time this happens)**

**(Note: Instructors option to syncopate swivels 3&4 and 7&8)**

## [17-24] □ STEP DRAG TO SIDE WITH BODY SHIMMY (X2)

1-4 Step R to R, Drag L next to R as you shimmy your body (weight stays on R)  
5-8 Step L to L, Drag R next to L as you shimmy your body (weight stays on L)

## [25-32] □ ROCKING CHAIR, ¼ TURN WITH HIP ROLLS

1-2 Rock R forward, Replace to L  
3-4 Rock R back, Replace to L  
5-8 Making ¼ turn L, step pivot twice R,L,R,L while rolling hips counter clockwise

**REPEAT AND HAVE FUN !!!!!**

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