Shimmy Up!

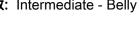
拍数: 64

级数: Intermediate - Belly Dance Inspired

编舞者: Suzi Beau (ENG) - January 2016

音乐: Butterflies - Karl Wolf

级数: Intermediate - I





COPPERKNO

Alternative Turkish Pop Track: Tarkan : Adumi Kalbine Yaz (Ozinga Club Mix)

墙数: 2

Intro: Start on Vocal

SECTION 1: CROSS SIDE SAILOR STEP, CROSS SIDE, BEHIND SIDE CROSS

- 1,2 Cross Right over left, step left to left side
- 3,4 Step right behind left, step left to left side, step right to right side
- 5,6 Cross Left over Right, Step Right to Right side
- 7&8 Step Left behind right, Step Right to Right Side, Cross Left over right

SECTION 2: SIDE ROCK BEHIND TURN STEP, STEP HOLD AND STEP BRUSH (CAMEL ROLL)

- 1,2 Rock right to Right side, revover on Left
- 3&4 Step Right behind left, Turn 1/4 Left stepping Left Forward, Step Right forward
- 5,6, Step forward Left, Hold (Camel roll tilting pelvis back, moving hips forward)
- &7,8 Step onto ball of Right foot, Step forward Left, Brush Right by left (tilting pelvis forward moving hips back)

Alternative: for ease, leave out the Camel and use snake arms.

SECTION 3: FORWARD ROCK BACK HIP LIFT, BACK HIP LIFT COASTER STEP

- 1,2 Rock Forward on Right, recover on Left
- 3&4 Step back on right, touch Left next to right with forward hip lift up, down (styling, using arms, place right hand first 2 fingers on right temple and hold left arm stretched facing the direction of your hip lift to the left diagonal)
- 5&6 Step back on Left, touch Right next to Left with forward hip lift up, down (styling, using arms, place left hand first 2 fingers on left temple and hold right arm stretched facing the direction of your hip lift to the right diagonal)
- 7&8 Step back on Right, step Left to Right, Step forward on Right

SECTION 4. STEP HITCH 1/4, CROSS HOLD & BEHIND HOLD & CROSS SHUFFLE

- 1,2 Step forward Left, Hitch Right turning 1/4 Left on ball of left foot
- 3&4 Cross right over left, Hold a beat, whilst holding your arms slightly out to the side palms facing down cheekily raise your shoulders up,down
- &5&6 Step onto ball of Left, Cross Right behind left, Hold a beat, whilst holding your arms slightly out to the side palms facing down cheekily raise your shoulders up,down
- &7&8 Step onto ball of Left, Cross Right over Left, step onto ball of Left, Cross Right over Left

SECTION 5: BUMP & STEP, 1/4 BUMP AND STEP, 1/2 STEP PIVOT 1/2, 1/4

- 1&2 Step onto ball of Left foot, with left hip lift to the side up, down, step onto left
- 3&4 Turn 1/4 over Right shoulder, stepping slightly back onto ball of right foot, with hip lift up down, step back on Right
- 5,6 Turn 1/2 Left stepping Left forward, Step forward Right
- 7,8 Pivot 1/2 Left Step with weight onto Left, Turn 1/4 Left stepping Right to Right side

SECTION 6: BEHIND HOLD & CROSS FLICK, CROSS BACK SIDE HIP TWIST

- 1,2 Step Left Behind Right, Hold (Chest lift, up down)
- &3,4 Step onto ball of Right , Step forward Left, Flick Right foot
- 5,6, Cross Right Over Left, Step back on Left
- 7&8 Step Right to Right Side, Twist hips Right, Right left

SECTION 7. WEAVE, CROSS SIDE BEHIND SIDE, ROCKING CHAIR MAMBO STEP FACING DIAGONAL

- 1,2 Cross Left over Right, Step Right to Right Side
- 3,4 Step Left behind Right, Step Right to Right Side
- 5&6& Facing Right diagonal Rock forward on Left, Recover on Right, Rock back on Left, Recover on Right
- 7&8 Rock forward on Left, Recover on Right, Step Left to Right

SECTION 8. BACK POINT HIP LIFT 1/8, STEP POINT HIP LIFT, PADLE, 1/8 X2 WITH HIP ROLL

- 1&2 Step back on Right turning 1/8 right facing 9:00, Touch Left to left side with hip lift up down
- 3&4 Step forward Left, touch Right to right side with hip lift up down (arms styling can be the same as Section 3
- 5,6 Touch left forward, paddle 1/8 with hip roll forwards , arms out to the side
- 7,8 Touch left forward, paddle 1/8 with hip roll forwards , arms out to the side

Start again! Happy Dancing xxx

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