

# Shimmy And Shake

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Ultra Beginner  
编舞者: John Dembiec (USA) - March 2016  
音乐: 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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