

# J & K Shimmy

拍数: 56      墙数: 4      级数: Intermediate  
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音乐: Something In Your Mouth - Nickelback



## [1-8] SHIMMY X4

1&2      R shoulder forward  
3&4      R shoulder back  
5&6      R shoulder forward  
7&8      R shoulder back

## [9-16] GRAPEVINE W/HEEL JACK X2

1, 2, 3&4      Step side R, L behind, Step side R, Heel jack L, Cross R over L  
5, 6, 7&8      Step side L, R behind, Step side L, Heel jack R, Cross L over R

## [17-24] SHUFFLE FWD X2, ¼ TURN X2

1&2      Step R forward, Step L next to R, Step R forward  
3&4      Step L forward, Step R next to L, Step L forward  
5, 6, 7, 8      Step R, ¼ turn to L

## [25-32] SAILOR STEPS X2, CROSS ½ UNWIND, SINGLE HIP BUMPS

1&2      Step right crossed behind left, step left to left side, step right to right side  
3&4      Step left crossed behind right, step right to right side, step left to left side  
5, 6      Cross R over L, ½ turn over L shoulder  
7, 8      Hip bump once to R and once to L

## [33-40] ROLLING VINE X2

1, 2,3 ,4      Step R forward ¼ turn to R, Step L to L side ¼ turn to R, Step back R ¼ turn to R, Touch L next to R ¼ turn to R (Back at the wall you started with)  
5, 6, 7, 8      Step L forward ¼ turn to L, Step R to R side ¼ turn to L, Step back L ¼ turn to L, Touch R next to L ¼ turn to L (Back at the wall you started with)

## [41-48] SHUFFLE FWD, ½ SHUFFLE BACK, ½ SHUFFLE FWD, ½ SHUFFLE BACK

1&2      Step R forward, Step L next to R, Step R forward  
3&4      ½ turn step back L, Step R next to L, Step L back  
5&6      ½ turn step forward R, Step L next to R, Step R forward  
7&8      ½ turn step back L, Step R next to L, Step L back

## [49-56] COASTER, WALK X2, ¼ TURN SLIDE, SINGLE HIP BUMPS

1&2      Step back on R, Step L next to R, Step forward R  
3,4      Walk forward L, R  
5, 6      Step L forward marking ¼ turn to R, Slide R next to L  
7, 8      Hip bump once to R and once to L

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