

# Shimmy 'n Shake

COPPERKNOB  
BY STEPHEN

拍数: 48      墙数: 4      级数: Beginner  
编舞者: Joanne Brady (USA) & Kathy Sharpe-Arrant (USA)  
音乐: Shake That Thing - The Fantastic Shakers



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## FORWARD DIAGONAL RIGHT, SHAKE, RECOVER, SHAKE HIPS, BACK DIAGONAL RIGHT, SHAKE, RECOVER, SHAKE

1-2            Step right foot forward on diagonal to right, shake hips  
3-4            Recover weight to left foot, shake hips  
5-6            Step right back on a diagonal, shake hips  
7-8            Recover weight to left foot, shake hips

## FORWARD RIGHT, LEFT, RIGHT, HOLD, TAP HEEL 3X, HOLD

1-4            Walk forward right, left, right, hold (both hands down by sides, palms down)  
5-8            Tap right heel in place three times (with attitude), hold

## HIP BUMPS RIGHT, HIP BUMPS LEFT, TWO HIP ROLLS

1-4            Bump hips right twice, bump hips left twice  
5-8            Roll hips to the left twice (two counts per roll)

## SHIMMY SHOULDERS FORWARD, BACK, RIGHT, LEFT

1-4            Shimmy shoulders forward for 2 counts (leaning forward, shimmy shoulders back for 2 counts (leaning back))  
5-8            Shimmy shoulders to right for 2 counts (leaning right), shimmy shoulders to left for 2 counts (leaning left)

## SIDE SHUFFLE RIGHT, BACK ROCK, SIDE SHUFFLE LEFT, BACK ROCK

1&2-3-4        Shuffle side right, step left foot back behind right, recover weight to right foot  
5&6-7-8        Shuffle side left, step right foot back behind left, recover weight to left foot

## TWO 1/8 ROLLING TURNS LEFT, SIDE, ROCK, BACK, ROCK, SIDE, ROCK, TOUCH

1-2            Step right ball of foot to right side and while rolling hips to the left, turn 1/8 turn to left  
3-4            Repeat 1-2  
5&6&          Step right ball of foot to right side, recover weight to left, step right ball of foot behind left foot, recover weight to left foot  
7&8&          Step right ball of foot to right side, recover weight to left foot, step right ball of foot behind left foot, recover weight to left

**REPEAT**

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