Shimmy Me Timbers

级数: Improver

编舞者: Deb Crew (CAN)

拍数: 48

音乐: Dance With Me Tonight - The Wonders

This song does not have a musical intro. The song starts immediately with the lyrics "Come On Pretty Baby". Start this dance as the artist sings the word "Baby".

SHUFFLE FORWARD, ROCK-STEP, SHUFFLE BACK, ROCK-STEP

- 1&2 Shuffle forward: right, left, right
- 3-4 Rock forward on left foot, step back in place on right foot
- 5&6 Shuffle back: left, right, left
- 7-8 Rock back on right foot, step forward in place on left foot

1/2 TURNING SHUFFLE, ROCK-STEP; 1/2 TURNING SHUFFLE, ROCK-STEP

- 1&2 Shuffle forward as you ½ turn to the left: right, left, right
- 3-4 Rock back on left foot, step forward in place on right foot
- 5&6 Shuffle forward as you ½ turn to the right: left, right, left
- 7-8 Rock back on right foot, step forward in place on left foot

SIDE-TOGETHER-SIDE-STEP, SIDE HOPS & SHIMMIES

- 1-2 Step right foot to right side, slide and step left foot beside right
- 3-4 Step right foot to right side, slide and step left foot beside right
- &5 Small, quick jump side right onto right foot, step left foot beside right
- 6 Hold position and shimmy shoulders
- &7 Small, quick jump side right onto right foot, step left foot beside right
- 8 Hold position and shimmy shoulders

SIDE-TOGETHER-SIDE-STEP, SIDE HOPS & SHIMMIES

- 1-2 Step left foot to left side, slide and step right foot beside left
- 3-4 Step left foot to left side, slide and step right foot beside left
- &5 Small, quick jump side left onto left foot, step right foot beside left
- 6 Hold position and shimmy shoulders
- &7 Small, quick jump side left onto left foot, step right foot beside left
- 8 Hold position and shimmy shoulders

HEEL TAPS AND HEEL SWITCHES

- 1 Place ball of right foot forward
- 3-4 Keeping ball of right foot planted, tap right heel in place 3 times
- &5 Quickly step right foot back beside left foot, place ball of left foot forward
- 6-8 Keeping ball of left foot planted, tap left heel in place 3 times

HEEL SWIVELS

4th time through dance, drop counts 5-8, one time only

- 1-2 Step left foot back beside right foot and swivel both heels to the left, hold position
- 3-4 Swivel both heels to the right, hold position
- 5-8 Swivel both heels: left, right, left, right

REPEAT

In order for the dance and song to remain in phrase, drop heel swivels for counts 5,6,7,8 from the last 8 counts, the fourth time through only. Therefore, the fourth time through the dance you will swivel both heels left, hold; swivel both heels right, hold, and then start the dance over from the beginning.





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墙数: 1