

Shimmy Shack

拍数: 64 墙数: 4 级数:
编舞者: Justine Shuttleworth (AUS) & Simon Ward (AUS)
音乐: Love Shack - The B-52's



- 1-4 Touch right toe out at 45 degrees right, drop right heel, touch left toe out at 45 degrees left, drop left heel,
5-8 (with shimmies) step right out at 45 degrees right, step left out at 45 degrees left, step right back center, step left back center, step left back center.
9-16 Repeat the above 8 counts
- 17-20 Scuff right foot forward, scoot forward on left hitching right, rock forward on right, rock back on left
21-24 Rock back on right, forward on left, stomp right foot next to left twice
- 25-28 Three step turn to the right, stepping right-left-right and tap left next to right,
29-32 Three step turn to the left, stepping left-right-left and tap right next to left
- 33-36 Rock back on right, rock forward on left, back on right, forward on left
37-40 Rock forward on right, back on left, forward on right, back on left
- 41-44 Walk forward right-left-right, hold,
45-46 Walk forward left, right,
47-48 Step forward on left making ½ turn right, kick right foot forward
- 49-50 Step right out at 45 degrees right, lock left foot behind right
& Step right out at 45 degrees right,
51-52 Step left out at 45 degrees left, lock right behind left
& Step left out at 45 degrees left,
53-54 Step right out at 45 degrees right, lock left behind right
& Step right out at 45 degrees right,
55-56 Step left out at 45 degrees left, lock right behind left
- & Step left out at 45 degrees left
- 57-58 Step right foot forward, make ½ turn left transferring the weight onto left
59 Step forward onto right making a further ¼ turn left and bumping hips right
60-64 Bump hips left, right-left-right-left

REPEAT

DURING COUNTS 59-64, TRY THE FOLLOWING HAND MOVEMENTS:

- 59-60 Place right hand over left-both are flat with palms down, taking both hands apart switch them over left on top of right
61-64 With both fists clenched take right hand up and above your head while taking left hand down, switch them over so that left is up and right is down, switch them over again, and once again

There is a section in the dance where an additional 32 counts has been added to fit with the music. It occurs during the 8th wall of the dance where the singer sings "Bang, Bang, Bang on the door baby..." You have just completed the right three step turn and you will finish the left three step turn with a ¼ turn left to end up facing the front wall.

- 1-4 Stomp right foot forward, hold, stomp left forward, stomp right forward
5-8 Hold, stomp left forward, right forward, left forward

9-12 Stomp right to right side, stomp left to left side, hold, hold
13-16 Shimmy bending knees down and then up
17-20 Stomp right foot back, hold, stomp left back, stomp right back
21-24 Hold, stomp left back, right back, left back,
25-28 Stomp right to right side, left to left side, hold, hold
29-32 Body roll down and up (or any which way you can)

This section is done twice and then the dance will restart from the beginning facing the front wall

There is also a short break in the music where the singer sings "Your What? ... Tin Roof Rusted"

During this break you throw your hands in the air and wait for the bang and restart where you left off with the diagonal lock steps
