

J & K Shimmy

拍數: 56 牆數: 4 級數: Intermediate
編舞者: Karen Benjamin Hayes (USA) & Jennifer Jenkins McPherson (USA) - October 2022
音樂: 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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