

Let's Shimmy Tonight

COPPER KNOB
BY SHEPHERD

拍數: 56 牆數: 4 級數: Improver
編舞者: Shelley Mills (USA) - August 2023
音樂: Most People Are Good - Luke Bryan
或: Got My Mind Set On You - George Harrison



INTRO:

Most People Are Good 16 counts. **NO TAGS/NO RESTARTS**

Got My Mind Set On You 16 counts, start on "SET" **NO TAGS/NO RESTARTS**

SECTION ONE: K-STEP

- 1-4 Step right forward on diagonal, touch left toe together, step back on left diagonal, touch right toe together. (with claps)
5-8 Step back right on diagonal, touch left toe together, step forward on left diagonal, touch right toe together. (with claps)

SECTION TWO: GRAPEVINE RIGHT ,GRAPEVINE LEFT, 1/4 TURN LEFT.

- 1-4 Step right to right, step left behind right, step right to right, touch left toe together.
5-8 Step left to left, step right behind left, 1/4 turn left, step left to left, touch right toe together

SECTION THREE: RIGHT ROCKING CHAIR, TOE STRUT

- 1-4 Rock forward on right, recover back on left, rock back on right, recover forward on left.
5-8 Rock forward on right, recover back on left, touch right toe behind left, step down on right heel.

SECTION FOUR: LEFT ROCKING CHAIR, TOE STRUT

- 1-4 Rock back on left foot, recover forward on right foot, rock forward on left foot, recover back on right foot.
5-8 Rock back on left foot, recover forward on right foot, step forward on left toe, step down on left heel.

SECTION FIVE: JAZZ BOX 1/4 TURN TWICE

- 1-4 Step right across left, step left to left, 1/4 turn Right stepping on right, step left together.
5-8 Step right across left, step left to left, 1/4 turn, Right stepping on right, step left together.

SECTION SIX: SHIMMY RIGHT

- 1-4 Step right to right as you shimmy shoulders (2 counts), step left together, hold.
5-8 Step right to right as you shimmy shoulders (2 counts), step left together, hold.

SECTION SEVEN: SHIMMY LEFT

- 1-4 Step left to left as you shimmy shoulders (2 counts), step right together, hold.
5-8 Step left to left as you shimmy shoulders, (2 counts), step right together, hold.

END OF DANCE.....Start dance again and don't forget to smile, it increases your face value!

YES, DANCE WHEN YOU GET THE CHANCE! (slmills1@yahoo.com)

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