

Let's Shimmy

COPPER KNOB
BY STEPHENETS

拍數: 32 牆數: 1 級數: Intermediate
編舞者: Irene Groundwater (CAN)
音樂: 1+1=2 - Lou Bega



Choreographed for Michele Perron's Hot Tamales Dance Festival in West Vancouver, August 18, 2001

FORWARD, TAP, BACK, CLOSE, FORWARD

1-2 Right forward, tap left toe to left side
3&4 Left back, close right to left, left forward

Option:

2 Face body and look towards left and snap fingers to left
3 Look and face body forward

FORWARD, CLOSE, FORWARD, FORWARD, PIVOT ¼ TURN LEFT WITH TOUCH

5&6 Right forward, left closes to right, right forward
7-8 Left forward, pivot ¼ turn left on left ball and touch right toe beside left instep

Option:

5& Lock left behind right
8 Make pivot turn very sharp

BACK, REPLACE, CLOSE, SIDE, REPLACE, CLOSE

9&10 Right back, replace left, close right to left
11&12 Side step left, replace right, close left to right

Option:

9 Look over right shoulder
11 Look to the left

SIDE, HOLD & CLAP, PIVOT ½ TURN RIGHT WITH TOUCH, HOLD & CLAP

13-14 Side step right, hold and clap hands
15 Push off with left foot pivoting ½ turn right on right ball and touch left toe to left side
16 Hold and clap

CROSS SHUFFLE, SIDE STEP, SHIMMY

17&18 Cross left over right, small side step right, cross left over right
19-20 Side step right, shimmy

Option: forearms stretched forward on each side of body

CROSS SHUFFLE, SIDE STEP, SHIMMY

21&22 Cross left over right, small side step right, cross left over right
23-24 Side step Right, Shimmy

Option: forearms stretched forward on each side of body

CROSS, UNWIND ¾ TURN RIGHT, TOUCH, PIVOT ¼ TURN RIGHT

25-26 Cross left over right, unwind ¾ turn right
27-28 Touch right toe to right side, pivot ¼ turn right on left ball and close right to left

Option: on counts 25 & 26 the head makes a circular movement following the body

TOUCH, PIVOT ¼ TURN LEFT, BUMP HIPS TWICE

29 Touch left toe to left side
30 Pivot ¼ turn left on right ball and left steps beside right (feet slightly apart)
31-32 Bump hips right, bump hips left

Option: on counts 31 & 32 bend knees and hips make circular movements to the right

REPEAT
