

# Let's Shimmy

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

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