

Shania Shimmy

拍數: 44 牆數: 4 級數: Intermediate
編舞者: Lyn Dyer
音樂: Don't Be Stupid (You Know I Love You) - Shania Twain



TOE POINTS, CROSS AND POINTS

- 1-2 Right toe points to right, cross in front of left foot and point to left
3-4& Point back to right twice, bring right foot next to left
5-6 Left toe points to left, cross in front of right foot and point to right
7-8& Point back to left twice on the and beat bring left foot next to right

MONTEREY TURNS

- 9-10 Point right toe to right, on the ball of left foot do ½ turn right swinging right toe around and replace weight onto right foot
11-12 Point left toe to left side, replace left foot
13-14 Point right toe to right, on the ball of left foot do half turn right swinging right toe around and replace weight onto right foot
15-16 Point left toe to left side and tap next to right foot

SHUFFLE, ROCK BACK

- 17&18 Shuffle to the left, left, right, left
19-20 Rock back on right foot behind left, replace weight on left
21&22 Shuffle to the right, right, left, right with ¼ turn left
23-24 Rock back on left behind right replacing weight on right

LEFT SHUFFLE, RIGHT SHUFFLE, PIVOT TURN

- 25&26 Left shuffle forward left, right, left
27&28 Right shuffle forward right, left, right
29-30 Step forward left, pivot ½ turn right

LEFT SHUFFLE, RIGHT SHUFFLE, PIVOT TURN

- 31&32 Left shuffle forward left, right, left
33&34 Right shuffle forward right, left, right
35-36 Step forward left, pivot ½ turn right

SHIMMY LEFT CLAP, SHIMMY RIGHT CLAP

- 37-39 Take long side step left, shimmy as you drag your right foot to your left
40 Touch right foot next to left and clap
41-43 Take long side step right, shimmy as you drag your left foot to your right
44 Step left foot next to right and clap

On the shimmies, hands can be placed on front of thighs. Bend knees down over beats 1&2 and straighten up over beats 3&4 so body dips down and up.

REPEAT
