

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
