

Shimmy Coco

拍數: 64 牆數: 2 級數: Improver
編舞者: Betsy Baugess (USA)
音樂: Louisiana CoCo - The Kentucky Headhunters



STEP OUT TO RIGHT/LEFT; HEEL DOWN; HANDS ON THIGHS; SHIMMY

- 1-2 Step out to the right on toe and heel down
 - 3-4 Step out the left on toe and heel down
- Weight is evenly spread, feet shoulder-width apart for first 32 counts**
- 5-6 Slap/place both hands palms-down on the front of your thighs; hold
 - 7-8 Shimmy with shoulders and hips, down and up

PIVOT TURNS ¼ LEFT WITH RIGHT, RIGHT WITH LEFT;(HANDS ON THIGHS-FEET SPREAD); SHIMMY

- 1-2 Flat-footed pivot turn ¼ left with right
- 3-4 Flat-footed pivot turn ¼ right with left
- 5-8 Shimmy with shoulders and hips, down and up

PIVOT TURNS ¼ LEFT WITH RIGHT, RIGHT WITH LEFT;(HANDS ON THIGHS-FEET SPREAD); HEEL/TOE SWIVELS

- 1-2 Flat-footed pivot turn ¼ left with right
- 3-4 Flat-footed pivot turn ¼ right with left
- 5-8 Quick short heel swivels - in/out, in/out

PIVOT TURNS ¼ LEFT WITH RIGHT, RIGHT WITH LEFT;(HANDS ON THIGHS-FEET SPREAD); KNEE KNOCKS

- 1-2 Flat-footed pivot turn ¼ left with right
- 3-4 Flat-footed pivot turn ¼ right with left
- 5-8 "Knock" both knees in/out together

TOUCH ACROSS; TOUCH ;BACK CROSS; POINT; REPEAT

- 1-2 Touch right toe across left; touch right beside left
- 3-4 Cross right behind left and point left to the side
- 5-6 Touch left toe across right; touch left beside right
- 7-8 Cross left behind right and point right to the side

TOUCH ACROSS; TOUCH ;BACK CROSS; POINT; REPEAT

- 1-2 Touch right toe across left; touch right beside left
- 3-4 Cross right behind left and point left to the side
- 5-6 Touch left toe across right; touch left beside right
- 7-8 Cross left behind right and point right to the side

TOUCH, CROSS; PIVOT TURN; SHIMMY

- 1-2 Touch right toe across left; touch out to the right
- 3-4 Cross right over left and pivot ½ turn
- 5-8 Shimmy with shoulders and hips, down and up

STEP UP AND BACK; CROSS TOUCH; STEP; CROSS LEFT ;HOLD

- 1-2 Step forward right; step left beside right
- 3-4 Step back right; step back left beside right
- 5-6 Cross touch right over left and step back down on right
- 7-8 Cross left over right; hold

REPEAT
