

Shimmy On Down

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 2 級數: Beginner
編舞者: Chris Cleevely (UK)
音樂: Meat and Potato Man - Alan Jackson



STEP, LOCK, RIGHT DIAGONAL SHUFFLE; STEP, LOCK, LEFT DIAGONAL SHUFFLE

1-2 Step forward on right diagonal, lock left behind right
3&4 Right diagonal shuffle forward (stepping right/left/right)
5-6 Step forward on left diagonal, lock right behind left
7&8 Left diagonal shuffle forward (stepping left/right/left)

ROCKING CHAIR; RIGHT FORWARD SHUFFLE; WALKS FORWARD (OR FULL TURN)

9-10 Rock forward on right foot, recover weight on left
11-12 Rock back on right foot, recover weight on left
13&14 Right forward shuffle (stepping right/left/right)
15-16 Walk forward left, walk forward right

¼ TURN RIGHT; ¼ TURN RIGHT; STEP FORWARD LEFT & SHIMMY; STEP FORWARD RIGHT & SHIMMY

17-18 Step forward on left, pivot ¼ turn right (transfer weight onto right) & snap fingers on left hand
19-20 Step forward on left, pivot ¼ turn right (transfer weight onto right) & snap fingers on left hand
21&22 Step forward on left & shimmy (bending knees slightly)
23&24 Step forward on right & shimmy (bending knees slightly)

ROCKING CHAIR; LEFT GRAPEVINE (OR FULL TURN)

25-26 Rock forward on left foot, recover weight on right
27-28 Rock back on left foot, recover weight on right
29-30 Step left to left side, cross right behind left
31-32 Step left to left side, touch right beside left & clap

REPEAT
