

# Shimmy Shimmy Cocoa Bop

**COPPER KNOB**  
STEPSHEETS

拍數: 60      牆數: 2      級數: Improver  
編舞者: Hal Hill (USA)  
音樂: Be Bop a Lula - Scooter Lee



## VINE RIGHT, KNEE BOPS

1-4      Step right to right side, cross left behind right, step right to right side, touch left beside right  
5-8      Change weight to left to right to left to right while doing knee bops

## STEP AND TURN, KICK BALL CHANGE, STEP AND TURN

1-2      Step left foot forward on 1, hold on 2  
3-4      Turn ½ turn to the right  
5&6      Kick left foot forward, step on left foot, change weight to right  
7-8      Step left foot forward, turn ½ turn to the right

## SHIMMY TO LEFT AND SHIMMY TO RIGHT

1-2      Step left foot to left side while bending knees slightly and shimmy  
3-4      Shimmy to left while bringing right foot beside left  
5-6      Step right foot to right side while bending knees slightly and shimmy  
7-8      Shimmy to right while bringing left foot beside right

## VINE LEFT, KNEE BOPS

1-4      Step left foot to left side, cross right behind left, step left to left side, touch right beside left  
5-8      Change weight to right to left to right to left while doing knee bops

## STEP AND TURN, KICK BALL CHANGE, STEP AND TURN

1-2      Step right foot forward on 1, hold on 2  
3-4      Turn ½ turn to the left  
5&6      Kick right foot forward, step on right foot, change weight to left  
7-8      Step forward on right, make ½ turn to left

## TRIPLE STEP, ROCK STEP, TRIPLE STEP, ROCK STEP

1&2      Step forward on right, change weight to left, change weight to right  
3-4      Step forward on left, rock back on right  
5&6      Step back on left, change weight to right, change weight to left  
7-8      Step back on right, rock back on left foot

## TRIPLE STEP, STEP AND TURN, TRIPLE STEP, STEP AND TURN

1&2      Step forward on right, change weight to left, change weight to right  
3-4      Step forward on left, make ½ turn to right  
5&6      Step forward on left, change weight to right, step on left  
7-8      Step forward on right, make ½ turn to left

## ¼ TURN LEFT

1      Step right foot in front of left  
2      Make ¼ turn left  
3-4      Stomp right foot beside left and clap

## REPEAT