# Body Shimmy Boogie

**拍數:** 64 **牆數:** 4 **級數:**
**編舞者:** Clinton Vince (UK)
**音樂:** Hard On the Ticker - Tim McGraw

STOMP INTO HIP BUMPS

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| 1-4 | Stomp right foot forward at 45 degrees as hips bump right, left, right, left |

SHUFFLE AND ROCK FORWARD

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| 5-8 | Right forward shuffle, rock weight forward on to left foot and back on to right foot in place |

BACKWARD SHUFFLES

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| 9-12 | Left backward shuffle, right backward shuffle |

STOMP INTO HIP BUMPS

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| 13-16 | Stomp left foot forward as hips bump left, right, left, right |

FORWARD SHUFFLE ½ TURN LEFT

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| 17-20 | Left forward shuffle, step forward on right foot, pivot ½ turn left |

KICKBALL CHANGE, OVER VINE ¼ TURN LEFT

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| 21&22 | Kick right foot forward, step the right foot next to left and step the left foot next to right foot |
| 23-26 | Cross step right foot in front of left foot, step left foot to left side, cross step right foot behind left foot, step ¼ on left foot to the left |

STOMPS AND TOE TOUCHES

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| 27-30 | Stomp right foot beside left and kick right foot forward, touch right toe to right side and step back on to right foot taking weight |
| 31-34 | Touch left toe to left side and step back onto left foot taking weight, touch right toe to right side and step back onto right foot taking weight |
| 35-36 | Touch left toe to left side and back to center beside right |

SYNCOPATED STEPS OUT & IN, STOMP & SHIMMY

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| 37-38 | Step to the right on right foot and step to the left on left foot, clap |
| 39-40 | Step home on right foot and step left foot next to right, clap |
| 41-48 | Stomp right foot forward and shimmy shoulders forward for four beats and back for four beats |

FORWARD SHUFFLES, HEEL SLAPS ¼ TURN LEFT

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| 49-52 | Right forward shuffle, left forward shuffle |
| 53-54 | Hitch right leg behind left and slap inside of right heel, pivot ¼ turn to left on left foot, swinging right heel to the right side and slap outside of right heel |

OVER VINE ¼ TURN LEFT

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| 55-58 | Cross step right foot over left, step left to left side, cross right behind left, step ¼ turn to left on left foot |

STOMPS AND SAILOR SHUFFLES

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| 59-60 | Stomp right foot beside left and then left beside right |
| 61&62 | Cross step right behind left and step left to left and right to right side |
| 63&64 | Cross step left behind right and step right to right side and left to left side |

REPEAT