

# Shimmy Up!

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**Count:** 64

**Wall:** 2

**Level:** Intermediate - Belly Dance Inspired

**Choreographer:** Suzi Beau - Jan. 2016

**Music:** Karl Wolf - Butterflies

**Alternative Turkish Pop Track: Tarkan : Adumi Kalbine Yaz (Ozinga Club Mix)**

**Intro: Start on Vocal**

## **SECTION 1: CROSS SIDE SAILOR STEP, CROSS SIDE, BEHIND SIDE CROSS**

- 1,2** Cross Right over left, step left to left side
- 3,4** Step right behind left, step left to left side, step right to right side
- 5,6** Cross Left over Right, Step Right to Right side
- 7&8** Step Left behind right, Step Right to Right Side, Cross Left over right

## **SECTION 2: SIDE ROCK BEHIND TURN STEP, STEP HOLD AND STEP BRUSH (CAMEL ROLL )**

- 1,2** Rock right to Right side, recover on Left
- 3&4** Step Right behind left, Turn 1/4 Left stepping Left Forward, Step Right forward
- 5,6,** Step forward Left, Hold (Camel roll tilting pelvis back, moving hips forward)
- &7,8** Step onto ball of Right foot, Step forward Left, Brush Right by left (tilting pelvis forward moving hips back)

**Alternative: for ease, leave out the Camel and use snake arms.**

## **SECTION 3: FORWARD ROCK BACK HIP LIFT, BACK HIP LIFT COASTER STEP**

- 1,2** Rock Forward on Right, recover on Left
- 3&4** Step back on right, touch Left next to right with forward hip lift up, down ( styling, using arms, place right hand first 2 fingers on right temple and hold left arm stretched facing the direction of your hip lift to the left diagonal)
- 5&6** Step back on Left, touch Right next to Left with forward hip lift up, down ( styling, using arms, place left hand first 2 fingers on left temple and hold right arm stretched facing the direction of your hip lift to the right diagonal)
- 7&8** Step back on Right, step Left to Right, Step forward on Right

#### **SECTION 4. STEP HITCH 1/4, CROSS HOLD & BEHIND HOLD & CROSS SHUFFLE**

- 1,2** Step forward Left, Hitch Right turning 1/4 Left on ball of left foot
- 3&4** Cross right over left, Hold a beat, whilst holding your arms slightly out to the side palms facing down cheekily raise your shoulders up,down
- &5&6** Step onto ball of Left, Cross Right behind left, Hold a beat, whilst holding your arms slightly out to the side palms facing down cheekily raise your shoulders up,down
- &7&8** Step onto ball of Left, Cross Right over Left, step onto ball of Left, Cross Right over Left

#### **SECTION 5: BUMP & STEP, 1/4 BUMP AND STEP, 1/2 STEP PIVOT 1/2 , 1/4**

- 1&2** Step onto ball of Left foot, with left hip lift to the side up, down, step onto left
- 3&4** Turn 1/4 over Right shoulder, stepping slightly back onto ball of right foot, with hip lift up down, step back on Right
- 5,6** Turn 1/2 Left stepping Left forward, Step forward Right
- 7,8** Pivot 1/2 Left Step with weight onto Left, Turn 1/4 Left stepping Right to Right side

#### **SECTION 6: BEHIND HOLD & CROSS FLICK, CROSS BACK SIDE HIP TWIST**

- 1,2** Step Left Behind Right, Hold (Chest lift, up down)
- &3,4** Step onto ball of Right , Step forward Left, Flick Right foot
- 5,6,** Cross Right Over Left, Step back on Left
- 7&8** Step Right to Right Side, Twist hips Right, Right left

#### **SECTION 7. WEAVE, CROSS SIDE BEHIND SIDE,ROCKING CHAIR MAMBO STEP FACING DIAGONAL**

- 1,2** Cross Left over Right, Step Right to Right Side
- 3,4** Step Left behind Right, Step Right to Right Side
- 5&6&** Facing Right diagonal Rock forward on Left, Recover on Right, Rock back on Left, Recover on Right
- 7&8** Rock forward on Left, Recover on Right, Step Left to Right

#### **SECTION 8. BACK POINT HIP LIFT 1/8, STEP POINT HIP LIFT,PADLE, 1/8 X2 WITH HIP ROLL**

- 1&2** Step back on Right turning 1/8 right facing 9:00, Touch Left to left side with hip lift up down

- 3&4** Step forward Left, touch Right to right side with hip lift up down ( arms styling can be the same as Section 3
- 5,6** Touch left forward, paddle 1/8 with hip roll forwards , arms out to the side
- 7,8** Touch left forward, paddle 1/8 with hip roll forwards , arms out to the side

**Start again! Happy Dancing xxx**

**Contact: Suzibeu@mail.com**