

Shimmy And Shake

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Count: 32 **Wall:** 4 **Level:** Ultra Beginner

Choreographer: John Dembiec - March 2016

Music: Girls In Bikinis by Lee Brice (104 bpm)

#32 count intro Start on vocals

****Music note - You may also use the remix version with Bubba Sparxxx.**

Intro and phrasing remain the same.

[1-8] STEP TOGETHER TRIPLE FORWARD (X2)

- 1-2 Step R forward, Step L next to R
- 3&4 Step R forward, Step L next to R, Step R forward
- 5-6 Step L forward, Step R next to L
- 7&8 Step L forward, Step R next to L, Step L forward

[9-16] STEP DIAGONAL SWIVEL FOOT FORWARD (X2)

- 1-4 Step R forward to R diagonal, Swivel L foot next to R heel-toe-heel (weight stays on R)
- 5-8 Step L forward to L diagonal, Swivel R foot next to L heel-toe-heel (weight stays on L)

(Restart here on 2nd wall. Only time this happens)

(Note: Instructors option to syncopate swivels 3&4 and 7&8)

[17-24] STEP DRAG TO SIDE WITH BODY SHIMMY (X2)

- 1-4 Step R to R, Drag L next to R as you shimmy your body (weight stays on R)
- 5-8 Step L to L, Drag R next to L as you shimmy your body (weight stays on L)

[25-32] ROCKING CHAIR, ¼ TURN WITH HIP ROLLS

- 1-2 Rock R forward, Replace to L
- 3-4 Rock R back, Replace to L
- 5-8 Making ¼ turn L, step pivot twice R,L,R,L while rolling hips counter clockwise

REPEAT AND HAVE FUN !!!!!

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