

TRACY'S SHIMMY

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Count: 32 **Wall:** 2 **Level:** beginner

Choreographer: Hans Kurt Mortensen

Music: I'm From The Country by Tracy Byrd

SHUFFLE RIGHT, ROCK RECOVER, SHUFFLE LEFT, ROCK RECOVER

- 1&2** Step right to right, step left next to right, step right to right
- 3-4** Rock left behind right, recover on right
- 5&6** Step left to left, step right next to left, step left to left
- 7-8** Rock right behind left, recover on left

KICK BALL CHANGE, ROCK BACK RIGHT, RECOVER, PIVOT LEFT TWICE

- 9-10** Kick right forward, step right beside left, step left beside right
- 11-12** Rock back on right, recover on left.
- 13-14** Step forward on right, pivot ½ turn left
- 15-16** Step forward on right, pivot ½ turn left

SHUFFLE RIGHT, ROCK RECOVER, SHUFFLE LEFT, ROCK RECOVER

- 17&18** Step right to right, step left next to right, step right to right
- 19-20** Rock left behind right, recover on right
- 21&22** Step left to left, step right next to left, step left to left
- 23-24** Rock right behind left, recover on left

LONG STEP SLIDES (SHIMMY) CLAP, PIVOT ½ TURN RIGHT, KICK BALL TOUCH

- 25-26** Step forward on right foot (long step) and shake upper torso
- 27-28** Touch left foot next to right foot and clap
- 29-30** Step forward on left foot, pivot ½ turn right
- 31&32** Kick left forward, step left beside right, touch right beside left

REPEAT