

# THE BIKINI SHUFFLE

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**Count:** 40      **Wall:** —      **Level:** —

**Choreographer:** Belle Doughty

**Music:** If I Had A Cheatin' Heart by Ricky Lynn Gregg

## VINE TO THE LEFT

- 1      Left foot step to the left
- 2      Right foot step behind left leg to the left
- 3      Left foot step to the left
- 4      Right foot brush forward beside left foot

## VINE TO THE RIGHT

- 5      Right foot step to the right
- 6      Left foot step behind right leg to the right
- 7      Right foot step to the right
- 8      Left foot brush forward beside right foot
  
- 9      Left heel touch forward
- 10     Left foot step to close to right foot
- &      Right heel touch forward
- 11     Right heel step to close to left foot
- &      Left heel touch forward
- 12     Left knee lift until thigh is parallel to the floor
  
- 13     Left foot step forward
- 14     Right knee bend and right leg swing behind left leg to the left
- 15     Right foot step backward
- 16     Left knee lift until thigh is parallel to the floor

- 17 Left foot step forward and weight rocks forward
- 18 Weight rocks backward
- 19 Weight rocks forward
- 20 Left toe pivot  $\frac{1}{4}$  turn to the left and right knee lift until thigh is parallel to the ground

### **VINE TO THE RIGHT**

- 21 Right foot step to the right
- 22 Left foot step behind right leg to the right
- 23 Right foot step to the right
- 24 Left foot brush forward beside right foot

### **CHA-CHA STEPS FORWARD-SYNCOPATED RHYTHM**

- 25-26 Left foot step forward, right foot step forward, left foot step forward
- 27-28 Right foot step forward, left foot step forward, right foot step forward
- 29-30 Left foot step forward, right foot step forward, left foot step forward
- 31 Right foot step backward
- 32 Left foot step backward
- 33 Left toe pivot  $\frac{1}{4}$  turn to the left and right foot step backward
- 34 Left foot brush backward beside right foot
- 35 Left foot step to the left and hips bump to the left
- 36 Hips bump to the left

### **HIP BUMPS**

- 37 Hips bump to the right
- 38 Hips bump to the right
- 39 Hips bump to the left
- 40 Hips bump to the right

### **REPEAT**