

# SHIMMY SHIMMY COCOA BOP

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**Count:** 60

**Wall:** 2

**Level:** beginner/intermediate

**Choreographer:** Hal Hill

**Music:** Be Bop A Lula by Scooter Lee

## VINE RIGHT, KNEE BOPS

**1-4** Step right to right side, cross left behind right, step right to right side, touch left beside right

**5-8** Change weight to left to right to left to right while doing knee bops

## STEP AND TURN, KICK BALL CHANGE, STEP AND TURN

**1-2** Step left foot forward on 1, hold on 2

**3-4** Turn  $\frac{1}{2}$  turn to the right

**5&6** Kick left foot forward, step on left foot, change weight to right

**7-8** Step left foot forward, turn  $\frac{1}{2}$  turn to the right

## SHIMMY TO LEFT AND SHIMMY TO RIGHT

**1-2** Step left foot to left side while bending knees slightly and shimmy

**3-4** Shimmy to left while bringing right foot beside left

**5-6** Step right foot to right side while bending knees slightly and shimmy

**7-8** Shimmy to right while bringing left foot beside right

## VINE LEFT, KNEE BOPS

**1-4** Step left foot to left side, cross right behind left, step left to left side, touch right beside left

**5-8** Change weight to right to left to right to left while doing knee bops

## STEP AND TURN, KICK BALL CHANGE, STEP AND TURN

**1-2** Step right foot forward on 1, hold on 2

**3-4** Turn  $\frac{1}{2}$  turn to the left

**5&6** Kick right foot forward, step on right foot, change weight to left

**7-8** Step forward on right, make  $\frac{1}{2}$  turn to left

## TRIPLE STEP, ROCK STEP, TRIPLE STEP, ROCK STEP

**1&2** Step forward on right, change weight to left, change weight to right

- 3-4** Step forward on left, rock back on right
- 5&6** Step back on left, change weight to right, change weight to left
- 7-8** Step back on right, rock back on left foot

### **TRIPLE STEP, STEP AND TURN, TRIPLE STEP, STEP AND TURN**

- 1&2** Step forward on right, change weight to left, change weight to right
- 3-4** Step forward on left, make  $\frac{1}{2}$  turn to right
- 5&6** Step forward on left, change weight to right, step on left
- 7-8** Step forward on right, make  $\frac{1}{2}$  turn to left

### **$\frac{1}{4}$ TURN LEFT**

- 1** Step right foot in front of left
- 2** Make  $\frac{1}{4}$  turn left
- 3-4** Stomp right foot beside left and clap

### **REPEAT**