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Shimmy And Shake

32 Count, 4 Wall, Absolute Beginner

Choreographer: John Dembiec

Choreographed to: Girls In Bikinis by Lee Brice (104 bpm)

**Music note – You may also use the remix version with Bubba Sparxxx. Intro and phrasing remain the same.

32 count intro Start on vocals

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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