



I Don't Sweat

96 Count 1 Wall Intermediate Level Dance.
Choreographed by: Sobrielo Philip Gene (SG) Jul 2026
Choreographed to: Shimmer by Meghan Trainor
Intro: 16 Counts. Start at approx 7 secs.

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SEC 1 SIDE, HIP ROLL, REACH, FLICK, HEEL SWIVELS, HEEL SWIVELS, HITCH

- 1-2 Step side R, roll hips round to the left
- 3-4 Reach R arm up and diagonally across to left, click R hand down to right side
- 5&6 Swivel both heels left, swivel both heels centre, swivel both heels left
- 7&8 Swivel both heels right, swivel both heels centre, swivel both heels right hitching L knee

SEC 2 ¼ STEP, LOCK, STEP LOCK STEP, ¼ ROCK CROSS, SIDE, DRAG

- 1-2 ¼ Turn left step fwd L, lock R behind L (9:00)
- 3&4 Step fwd L, lock R behind L, step fwd L
- 5&6 ¼ Turn left side rock R, recover L, cross R over L (6:00)
- 7-8 Big step side L drag R to L, touch R next to L

SEC 3 ¼ MONTEREY TURN, SIDE ROCK CROSS, SIDE, BEHIND, CROSS SHUFFLE

- 1-2 Point R out to right, ¼ turn right stepping R in place (9:00)
- 3&4 Rock side L, recover R, cross R over L
- 5-6 Step side R, cross L behind R
- 7&8 Cross L over R, step R next to L, cross L over R

SEC 4 SCISSOR CROSS, ¼ BACK, BACK, ROCK, RECOVER HITCH, LOCK STEP

- 1&2 Rock side R, step L next to R, cross R over L
- 3-4 ¼ Right step back L, step back R (12:00)
- 5-6 Rock fwd L, recover R hitch L knee
- 7&8 Step fwd L, lock R behind L, step fwd L

Bridge Here on Wall 3

SEC 5 CROSS, FLICK, CROSS, FLICK, CROSS, FLICK, CROSS, FLICK

- 1-2 Cross R over L, flick L to left side
- 3-4 Cross L over R, flick R to right side
- 5-6 Cross R over L, flick L to left side
- 7-8 Cross L over R, flick R to right side

SEC 6 STEP, ½ PIVOT, ½ SHUFFLE, BACK, DRAG, COASTER

- 1-2 Step fwd R, ½ pivot left step fwd L (6:00)
- 3&4 ¼ Left step side R, step L next to R, ¼ left step back R (12:00)
- 5-6 Big step back L, drag L towards R
- 7&8 Step back R, step L next to R, step fwd R



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SEC 7 STEP, ½ PIVOT, STEP, ½ PIVOT, ROCK, COASTER

- 1-2 Step fwd L, ½ pivot right step fwd R (6:00)
- 3-4 Step fwd L, ½ pivot right step fwd R (12:00)
- 5-6 Rock fwd L, recover R
- 7&8 Step back L, step R next to L, step fwd L

SEC 8 FIGURE 8

- 1-2 Step side R, cross L behind R
- 3-4 ¼ Right step fwd R, step fwd L (3:00)
- 5-6 ½ Pivot right step fwd R, ¼ right step side L (12:00)
- 7-8 Cross R behind L, step side L

SEC 9 HIP ROLL HITCHES

- 1-2 Roll hips to right hitch L knee, roll hips to left hitch R knee
- 3&4 Roll hips to right hitch L knee, touch L beside R, hitch L knee
- 5-6 Roll hips to left hitch R knee, roll hips to right hitch L knee
- 7&8 Roll hips to left hitch R knee, touch R beside L, hitch R knee

SEC 10 FULL TURN DIAMOND

- 1&2 ½ right step fwd R, ¼ right step back L, step back R (4:30)
- 3&4 Step L behind R, ¼ right step fwd R, step fwd L (7:30)
- 5&6 Cross R over L, ¼ right step back L, step back R (10:30)
- 7&8 Step L behind R, ½ right step side R, step fwd L (12:00)

SEC 11 HIP ROLL HITCHES

- 1-2 Roll hips to right hitch L knee, roll hips to left hitch R knee
- 3&4 Roll hips to right hitch L knee, touch L beside R, hitch L knee
- 5-6 Roll hips to left hitch R knee, roll hips to right hitch L knee
- 7&8 Roll hips to left hitch R knee, touch R beside L, hitch R knee

SEC 12 FULL TURN DIAMOND

- 1&2 ½ Right step fwd R, ¼ right step back L, step back R (4:30)
- 3&4 Step L behind R, ¼ right step fwd R, step fwd (7:30)
- 5&6 Cross R over L, ¼ right step back L, step back R (10:30)
- 7&8 Step L behind R, ½ right step side R, step fwd L (12:00)

Bridge After 32 counts on Wall 3, dance the following then continue from sec 5

POINT, ¼ TOGETHER, SIDE ROCK CROSS, SIDE, BEHIND, CROSS SHUFFLE

- 1-2 Point R out to right, ¼ turn left stepping R in place (9:00)
- 3&4 Rock side L, recover R, cross R over L
- 5-6 Step side R, cross L behind R
- 7&8 Cross L over R, step R next to L, cross L over R

SCISSOR CROSS, ¼ BACK, BACK, ROCK, RECOVER HITCH, LOCK STEP

- 1&2 Rock side R, step L next to R, cross R over L
- 3-4 ¼ Right step back L, step back R (12:00)
- 5-6 Rock fwd L, recover R hitch L knee
- 7&8 Step fwd L, lock R behind L, step fwd L



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