

INTRODUCTION SHIMMIES

/The following 16 counts start with the beat of the music, these patterns are traveling forward with a lot of attitude.

- 1 Stomp right forward bending the knees and slightly crouching down while shaking the shoulders once
- 2,3 Shake shoulders twice more, with each shake rise up
- 4 Stomp left next to right and straighten up fully with a clap
- 5 - 8 Repeat the previous four counts starting with the left foot
- 9 - 16 Repeat the previous eight counts

SHIMMIES, SYNCOPATED SIDE STEPS

- 1 - 8 Repeat the previous eight steps for the start of the dance
- & 1,2 Step right to right, step left slightly to left, hold (weight on left)
- & 3 & 4 Keeping weight on left, move hips slightly right, left, right, left
- & 5,6 Step right to center, step left to left, hold (weight on left)
- & 7,8 Step right to center, step left to left, touch right beside and clap

1 1/4 TURN, TOUCH, CROSS BEHIND

- 1 - 4 Traveling to right, step right, left, right, turning, 1/4, 1/2, 1/2, step left next to right
- 5,6 Touch right toe to right, step right crossing behind left
- 7,8 Touch left toe to left, step left crossing behind right

REVERSED SAILOR SHUFFLES, TOUCH, CROSS BEHIND, 1/2 TURN

- 1 & 2 Step right to right, step onto left, step right crossing behind left
- 3 & 4 Step left to left, step onto right, step left crossing behind right
- 5,6 Touch right to right, step right crossing behind left bending knees
- 7,8 Turn 1/2 turn left on ball of right foot with left foot stretched out and pointing forward, step left next to right bending knees ready to start again

REPEAT
