

Shimmer

Count: 32

Wall: 2

Level: Intermediate

Choreographer: Helena Jeppsson (SWE) - April 2026

Music: Shimmer - Meghan Trainor



16 counts intro

Note: the song has a restart but it can be danced through as the pattern of the dance still fits the musical pattern

Fwd, ½ turn R with sweep, behind, side, cross, [out, out] x2

- 1 Step fwd on RF
- 2 ½ turn R stepping back on LF and sweeping RF from front to back
- 3&4 Step RF behind LF, step LF to left side, cross RF over LF (face 6:00)
- 5,6 Step LF out to left side, step RF out to right side
- 7,8 repeat count 5-6

¾ turn L, coaster step, walk fwd x4 [or camel walk]

- 1 ¼ turn L stepping fwd on LF (3:00)
- 2 ½ turn L stepping back on RF (face 9:00)
- 3&4 Step back on LF, step RF beside LF, step fwd on LF
- 5-8 Walk fwd on R, L, R, L (9:00)

Alternative for count 5-8: camel walk fwd instead of regular walking

- 5 Stepping fwd on RF, popping L knee fwd
- 6 Stepping fwd on LF, popping R knee fwd
- 7 Stepping fwd on RF, popping L knee fwd
- 8 Stepping fwd on LF, popping R knee fwd

Out, out, hold, ball cross, ¼ turn L, ¼ turn L with flick, cross shuffle

- &1,2 Step RF out to right side, step LF out to left side but weight stays on RF, hold
- &3 Step LF beside RF, cross RF over LF
- 4 ¼ turn L stepping fwd on LF (6:00)
- 5,6 Point RF fwd, using RF to push you a ¼ turn L and flick RF back (face 3:00)
- 7&8 Cross RF over LF, step LF slightly to left side, cross RF over LF

Side rock, ball side rock, sailor step, sailor ¼ turn R

- 1,2 Rock LF to left side, recover onto RF
- &3,4 Step LF beside RF, rock RF to right side, recover onto LF
- 5&6 Step RF behind LF, step LF to left side, step RF to right side
- 7&8 Step LF behind RF, ¼ turn R stepping fwd on RF, step fwd on LF (6:00)