Shimmer

Count: 32 **Wall:** 4 **Level:** Absolute Beginner
Choreographer: Michelle Wright (USA) - May 2026
Music: Shimmer - Meghan Trainor

Dance starts 16 counts in slightly before the lyrics
NO TAGS OR RESTARTS

Section 1: Diagonal stomp, Heel, Toe Heel, L&R Diagonal Back step touches

1,2	Stomp R forward into R diagonal, Rotate L heel in
3,4	Rotate L toe in, Rotate L heel in
5,6	Step L back into L back diagonal, Touch R next to L
7,8	Step R back into R back diagonal, Touch L next to R

Section 2: Diagonal stomp, Heel, Toe, Heel, R Back Diagonal Step, Touch, Side, Touch

1,2	Stomp L forward into L diagonal, Rotate R heel in
3,4	Rotate R toe in, Rotate R heel in
5,6	Step R back into R back diagonal, Touch L next to R
7,8	Step L to L side, Touch R next to L

Section 3: Grapevine w/ flick , ¼ Grapevine

1,2	Step R to R side, Cross L behind R
3,4	Step R to R side, Flick L behind R
5,6	Step L to L side, Cross R behind L
7,8	¼ turn L stepping L forward, Touch R next to L

Section 4: V-step, R&L double hip bumps

1,2	Step R forward into R diagonal, Step L into L diagonal
3,4	Step R back, Step L next to R
5,6	Bump hip twice to R
7,8	Bump hip twice to L

Styling: Make V step hippy by pushing hips with each step matching direction.

Optional ending: To end facing 12:00 on wall 11 dance up to count 14. Change side touch to a ¼ L touch then make a ¼ turn L stepping R to R side and posing. Or you can finish 16 counts and step R to R side and look over L shoulder towards 12:00.

End of dance! Feel free to add in your own shimmer to the dance!
Any questions email Michellelinedance@gmail.com