

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!