Glow Up

Count: 64 **Wall:** 2 **Level:** Intermediate Phrased

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Music: Shimmer - Meghan Trainor

Intro: 16 counts Sequence ABA ABA AaBAA

Part A

STEP LOCK, LOCKSTEP, FWD ROCK, SAILOR ½ TURN L

1-2	Step RF diagonal fwd, Step LF behind RF-pop R knee 01.30
3&4	Step RF diagonal fwd, Step LF behind RF, Step RF diagonal fwd 01.30
5-6	Rock LF fwd, Recover weight on RF
7&8	½ turn L-step LF back, Step RF next to LF, Step LF fwd 06.00

STEP, HITCH, RUN FWD, FWD ROCK, OUT-OUT, BALL CROSS

1-2	Step RF fwd-little up on your toes, Hitch L knee - Snap fingers to the lower side
3&4	Step LF fwd, Step RF fwd, Step LF fwd
5-6	Rock RF fwd, Recover weight on LF
&7&8	Step RF to R side, Step LF to L side, Step RF next to LF, Cross LF over RF**

(Little a step change, after &7 out-out we need to touch RF next to LF, this will be count 8)

SIDE STEP-DRAG, TOGETHER-KICK, SYNCOPATED JAZZBOX, SIDE STEPS R-L, ¼ TURN R

1-2	Big step RF to R side - Drag LF in, Step LF next to RF - Kick RF to R side
3-4&5	Cross RF over LF, Step LF back, Step RF to R side, Cross LF over RF
6-7-	Step RF to R side - Body in R diagonal, Step LF to L side - Body in L diagonal
8	¼ turn R - Step RF fwd 09.00

¼ TURN R, POINT BACK, BODYROLL, STEP BACK, SIDE, POINT BEHIND, SIDE, POINT, ½ TURN L

1-2	¼ turn R point LF diagonal back and make a bodyroll down, transfer weight on LF 12.00
&3-4	Step LF next to RF, Step LF to L side, Point RF behind LF
5-6-7-8	Step RF to R side, Point LF behind RF, Unwind ½ turn L finishing weight on LF (2 counts) 06.00

PART B

STEP FWD-SWEEP, STEP FWD, ½ TURN R, SNAP, CROWN, 5th ARM POSITION (see below)

1-2	Step RF fwd, Sweep LF to front
3-4	Step LF fwd, ½ turn R weights on LF - “Divas” - Snap R beside your hip 12.00
5-6	“Queens” - Pretend to put a crown, “Ballerinas” - Ballet 5th arm position lifting up on toes
7-8	Bring arms and heels down weight on LF (2 counts)

STEP FWD, SWEEP, ROCK FWD, ½ TURN L , FULL TURN L

1-2	Step RF fwd, Sweep LF to front
3-4	Rock LF fwd, Recover weight on RF
5-6	½ turn L - Step LF fwd, ½ turn L on your LF - Kick RF back (little arabesque)
7-8	Step down on RF, ½ turn L - Step LF fwd 06.00

¼ TURN L, POINT & SNAP, SIDE POINT & SNAP, PIVOT ½ TURN L, WALK FWD

1-2	¼ turn L-step RF to R side and snap R fingers up L diagonal, Point LF behind RF snap R fingers down in R diagonal 03.00
3-4	Step LF to L side and snap L fingers up in R diagonal, Point RF behind LF and Snap L fingers down in R diagonal
5-6	Step RF fwd, ½ turn L weight on LF 09.00
7-8	Step RF fwd, Step LF fwd

SIDE POINT & SNAP, SIDE POINT & SNAP, RUN ¾ TURN R

1-2	Step RF to R side, snap both hand up in the L diagonal, Point LF behind RF Snap both down in R diagonal
3-4	Step LF to L side snap both hand up in the R diagonal, Point RF behind LF And snap both down in LF diagonal
5&6&	¼ turn R - Step RF fwd, Step LF next to RF, ¼ turn R - Step RF fwd, Step LF next to RF
7-8	¼ turn R - Step RF fwd, Step LF behind RF - Pop R knee 06.00

Restart at 6th time of part A.
Dance up to count &7 - Step RF to R side, Step LF to L side, Replace count &8 for Touch RF next to LF for count 8

Have Fun and Enjoy….. / Last Update: 21 Jul 2026