```dart
import 'package:flutter/material.dart';
import 'package:shimmer/shimmer.dart';

class ShimmerEx extends StatefulWidget
{
  const ShimmerEx({super.key});

  @override
  State<ShimmerEx> createState() => _ShimmerExState();
}

class _ShimmerExState extends State<ShimmerEx> {
  @override
  Widget build(BuildContext context)
  {
    return Scaffold(
      appBar: AppBar(
        title: const Text('Shimmer'),
        backgroundColor: Colors.green,
      ),
      body: Column(
        children: [
          ListTile(
            title: const Text('Loading List'),
            onTap: () => Navigator.of(context).pushNamed('loading'),
          ),
        ],
      ),
    );

  }

}

class LoadingListPage extends StatefulWidget
{
  const LoadingListPage({super.key});

  @override
  State<LoadingListPage> createState() => _LoadingListPageState();
}

class _LoadingListPageState extends State<LoadingListPage>
{
  bool _enabled = true;


  @override
  Widget build(BuildContext context)
  {
    return Scaffold(

      appBar: AppBar(
        title: const Text('Loading List'),
      ),

      body: Container(
        width: double.infinity,
        padding: const EdgeInsets.symmetric(horizontal: 16.0, vertical: 16.0),
        child: Column(
```

```dart
mainAxisSize: MainAxisSize.max,
children: <Widget>[
  Expanded(
    child: Shimmer.fromColors(
      baseColor: Colors.grey,
      highlightColor: Colors.black,
      enabled: _enabled,
      child: ListView.builder(
        itemBuilder: (_, __) => Padding(
          padding: const EdgeInsets.only(bottom: 8.0),
          child: Row(
            crossAxisAlignment: CrossAxisAlignment.start,
            children: [
              Container(
                width: 48.0,
                height: 48.0,
                color: Colors.white,
              ),
              const Padding(
                padding: EdgeInsets.symmetric(horizontal: 8.0),
              ),
              Expanded(
                child: Column(
                  crossAxisAlignment: CrossAxisAlignment.start,
                  children: <Widget>[
                    Container(
                      width: double.infinity,
                      height: 8.0,
                      color: Colors.white,
                    ),
                    const Padding(
                      padding: EdgeInsets.symmetric(vertical: 2.0),
                    ),
                    Container(
                      width: double.infinity,
                      height: 8.0,
                      color: Colors.white,
                    ),
                    const Padding(
                      padding: EdgeInsets.symmetric(vertical: 2.0),
                    ),
                    Container(
                      width: 40.0,
                      height: 8.0,
                      color: Colors.white,
                    ),
                  ],
                ),
              )
            ],
          ),
        ),
        itemCount: 6,
      ),
    ),
  ),
  Padding(
    padding: const EdgeInsets.symmetric(vertical: 8.0),
    child: ElevatedButton(
      onPressed: () {
```

```
          setState(() {
            _enabled = !_enabled;
          });
        },
        child: Text(
          _enabled ? 'Stop' : 'Play',
          style: Theme.of(context).textTheme.bodyMedium!.copyWith(
              fontSize: 18.0,
              color: _enabled ? Colors.redAccent : Colors.green),
        )),
      )
    ],
  ),
  ),
  );
}
}
```