

Shangri-La

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Ross Brown (ENG) - May 2011

Music: One Step from Paradise - Malena Ernman : (CD: La Voix Du Nord - 4:02)



Intro: 48 Counts from Heavy Beat (Approx. 33 Secs)

SHUFFLE FORWARD. ROCK FORWARD. TOGETHER, HEEL, HOLD. TOGETHER, ROCK FORWARD.

- 1 & 2 Step forward with right, close left up to right, step forward with right.
- 3 – 4 Rock forward with left, recover onto right.
- & 5 – 6 Step left next to right, touch right heel forward, hold for 1 count.
- & 7 – 8 Step right next to left, rock forward with left, recover onto right. (12 o'clock)

SHUFFLE ½ TURN L. ROCK FORWARD. TOGETHER, HEEL, HOLD. TOGETHER, STEP, PIVOT ¼ TURN L.

- 1 & 2 Shuffle a ½ turn left stepping; left, right, left.
- 3 – 4 Rock forward with right, recover onto left.
- & 5 – 6 Step right next to left, touch left heel forward, hold for 1 count.
- & 7 – 8 Step left next to right, step forward with right, pivot a ¼ turn left. (3 o'clock)

CROSS, SIDE. SAILOR STEP. X2.

- 1 – 2 Cross step right over left, step left to the left.
- 3 & 4 Cross step right behind left, step left to the left, step right to the right.
- 5 – 6 Cross step left over right, step right to the right.
- 7 & 8 Cross step left behind right, step right to the right, step left to the left. (3 o'clock)

(TURNING DIAMOND SHAPE) CORNER, HOLD. TOGETHER, BACK ¼ TURN R, HOLD. TOGETHER, STEP ¼ TURN R, BACK ¼ TURN R. CHASSE 1/8 TURN R.

- 1 – 2 Step forward to left diagonal with right (1:30), hold for 1 count.
- & 3 – 4 Step left next to right, make a ¼ turn right stepping back with right (4:30), hold for 1 count.
- & 5 – 6 Step left next to right, make a ¼ turn right stepping forward with right (7:30), make a ¼ turn right stepping back with left (10:30).
- 7 & 8 Make an 1/8 turn right stepping right to the right, close left up to right, step right to the right. (12 o'clock)

CROSS ROCK. CHASSE ¼ TURN L. SWEEP ¾ TURN L, TOGETHER. BEHIND, SIDE, CROSS.

- 1 – 2 Cross rock left over right, recover onto right.
- 3 & 4 Step left to the left, close right up to left, make a ¼ turn left stepping forward with left.
- 5 – 6 Make a ¾ turn left sweeping right foot around, step right next to left.
- 7 & 8 Cross step left behind right, step right to the right, cross step left over right. (12 o'clock)

SIDE ROCK. BEHIND, SIDE, CROSS. SWEEP ¾ TURN R, TOGETHER. DIAGONAL BACK ROCK.

- 1 – 2 Rock right to the right, recover onto left.
- 3 & 4 Cross step right behind left, step left to the left, cross step right over left.
- 5 – 6 Make a ¾ turn right sweeping left foot around, step left next to right.
- 7 – 8 (Facing forward right diagonal) Rock back with right, recover onto left. (10:30)

DIAGONAL ROCKING CHAIR. X2.

- 1 – 2 – 3 – 4 (Still facing forward right diagonal) Rock forward with right, recover onto left, rock back with right, recover onto left.
- 5 – 6 – 7 – 8 Repeat Counts 1 – 2 – 3 – 4 of this Section. (10:30)

SIDE, HOLD. TOGETHER, CROSS, HOLD. SIDE, BEHIND, UNWIND ¾ TURN R. WALK, WALK.

- 1 – 2 (Straighten up to Side Wall) Step right to the right, hold for 1 count.
& 3 – 4 Step left next to right, cross step right over left, hold for 1 count.
& 5 – 6 Step left to the left, cross step right behind left, unwind a $\frac{3}{4}$ turn right.
7 – 8 Walk forward; right, left. (6 o'clock)

End of Dance. Start again and Enjoy!

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