

# Cameroon

**Count:** 32

**Wall:** 4

**Level:** High Beginner

**Choreographer:** Ria Vos (NL) - October 2012

**Music:** Cameroon (Twisted Dee Radio) - Bebe Zahara Benet : (Album: Cameroon)



**Intro: 64 Counts (± 31 sec.)**

## **Diagonal Shuffles R-L, Skate, Skate, Diagonal Shuffle R**

- 1&2 Shuffle Fwd to Right Diagonal Stepping R-L-R
- 3&4 Shuffle Fwd to Left Diagonal Stepping L-R-L
- 5-6 Skate Fwd R-L
- 7&8 Shuffle Fwd to Right Diagonal Stepping R-L-R

## **Jazz Box ¼ L, Chasse L, Rock Back**

- 1-2 Cross L Over R, Step Back on R ¼ Turn Left
- 3-4 Step L to Left Side, Cross R Over L
- 5&6 Step L to Left Side, Step R Next to L, Step L to Left Side
- 7-8 Rock Back on R, Recover on L

## **Side-Hold (with Bumps), & Side, Together, Side Rock, Behind-Side-Fwd**

- 1-2 Step R to Right Side, Hold (Bump Hips R-L-R on 1&2 for styling)
- &3-4 Step L Next to R, Step R to Right Side, Step/Stomp L Next to R
- 5-6 Rock R to Right Side, Recover on L
- 7&8 Step R Behind L, Step L to Left Side, Step Fwd on R

## **Shimmy Fwd, Rock Back, Recover with Flick, Step, Pivot ½ L, Full Turn L (or Walk)**

- 1-2 Step & Lean Fwd on L Shimmy Shoulders Fwd for 2 Counts
- 3-4 Rock Back on R, Recover on L with R Flicking Backwards
- 5-6 Step Fwd on R, Pivot ½ Turn Left
- 7-8 ½ Turn Left Step Back on R, ½ Turn Left Step Fwd on L (Option: Walk Fwd R-L)

**Ending: Replace ½ Turn L on count 32 with a ¼ Turn L to face the front wall, then on the last count of the music Step Fwd on R (or slightly crossed ;-)**

**Contact:** [dansenbijria@gmail.com](mailto:dansenbijria@gmail.com)