

# Shambala

Compte: 32

Mur: 4

Niveau: Intermediate



Chorégraphe: Amy Christian (USA)

Musique: Shambala - Three Dog Night

## RIGHT DOROTHY STEP, LEFT DOROTHY STEP, ¼ PADDLE TURN LEFT TWICE

- 1-2& Step right foot diagonally forward, step left foot behind right foot, step right foot diagonally forward
- 3-4& Step left foot diagonally forward, step right foot behind left foot, step left foot diagonally forward
- 5-8 Step forward on right foot, pivot ¼ turn left, transferring weight to left foot, step forward on right foot, pivot ¼ turn left, transferring weight to left foot

## TOUCH, TOUCH, COASTER STEP, TOUCH, ¼ TURN TOUCH, COASTER STEP

- 1-2 Touch right foot forward, touch right foot to right side
- 3&4 Step back on right foot, step left foot next to right foot, step right foot forward
- 5-6 Touch left foot forward, turn ¼ left, twisting on ball of right foot, touch left foot to left side
- 7&8 Step back on left foot, step right foot next to left foot, step forward on left foot

Restart here on wall 5, after tag

## WEAVE, BUMP HIPS RIGHT, LEFT, RIGHT, BUMP HIPS LEFT, RIGHT, LEFT

- 1-4 Step right foot to right side, step left foot behind right foot, step right foot to right side, step left foot across right foot
- 5&6 Step right foot to right side as you bump hips right, left, right
- 7&8 Bump hips left, right, left

## RIGHT SAILOR, LEFT SAILOR, ½ TURN PIVOT TWICE

- 1&2 Step right foot behind left foot, step left foot to left, step right foot to right side
- 3&4 Step left foot behind right foot, step right foot to right, step left foot to left side
- 5-8 Step forward on right foot, pivot ½ turn left, transferring weight on left foot, step right foot forward, pivot ½ turn left, transferring weight on left foot

## REPEAT

## TAG

16 counts repeated twice after wall 4, then four times after wall 7

## TOUCH, HITCH, TOUCH, HITCH, COASTER STEP, PIVOT ¼

- 1-4 Touch right foot to right side, hitch right knee across left knee, touch right foot to right side, hitch right knee across left knee
- 5&6 Step right foot back, step left foot next to right foot, step right foot forward
- 7-8 Step forward on left foot, pivot ¼ turn right on right foot

## CROSS SHUFFLE, ROCK RECOVER, RIGHT SAILOR, ½ TURN LEFT SAILOR

- 1&2 Step left foot across right foot, step right foot in place, step left foot across right foot
- 3-4 Step right foot to right side, step left foot in place
- 5&6 Step right foot behind left foot, step left foot to left side, step right foot to right side
- 7&8 Cross left foot behind right foot, turning ½ left, step right foot to right side, step left foot in place

- 17-32 Repeat the 16 counts again to make it a 32 count tag

## RESTART

On wall 5, restart after count 16

