

Rama Lama Ding Dong

拍数: 32 墙数: 4 级数: Improver
编舞者: Susanne Schalewa (DE) & Gert Wollschlager (DE)
音乐: Rama Lama Ding Dong - Rocky Sharp & The Replays



CROSS, SIDE, SAILOR STEP, KICK BALL STEP

1 Cross left foot in front of right foot
2 Step right foot to right side
3 Cross left foot behind right foot
& Step right foot to right side
4 Step left foot to left side
5 Kick right foot diagonal left
& Step right foot together
6 Step left foot to left side
7 Kick right foot diagonal left
& Step right foot together
8 Step left foot to left side

CROSS, SIDE, SAILOR STEP, KICK BALL STEP

9 Cross right foot in front of left foot
10 Step left foot to left side
11 Cross right foot behind left foot
& Step left foot to left side
12 Step right foot to right side
13 Kick left foot diagonal right
& Step left foot together
14 Step right foot to right side
15 Kick left foot diagonal right
& Step left foot together
16 Step right foot to right side

CROSS SHUFFLE, ¼ TURN RIGHT & SHUFFLE FORWARD, ¼ RIGHT & CHASSÉ LEFT, ¼ SAILOR TURN RIGHT

17 Cross left foot in front of right foot
& Step right foot to right side
18 Cross left foot in front of right foot
19 ¼ turn right and step right foot forward
& Step left foot together
20 Step right foot forward
21 ¼ turn right on ball of right and step left foot to left side
& Step right foot together
22 Step left foot to left side
23 Cross right foot behind left foot
& ¼ turn right and step left foot back
24 Step right foot forward

BALL, BALL, HEEL, HEEL, STEP DOWN & BEND KNEES, TOE SPLIT, STEP DOWN & BEND KNEES, HITCH

25 Step on ball of left foot next to right foot, turn left knee in
26 Step on ball of right foot in place, turn right knee in

Weight is on both balls, knees pointed inward, heels are up

- 27 Step on heel of left foot in place, turn knee out
28 Step on heel of right foot in place, turn knee out
Weight is on both heels, knees pointed outward, toes are up
29 Turn toes to the front and step down, bend both knees
30 Put weight on both heels, straight legs, turn toes out
31 Turn toes to the front and step down, bend both knees
32 Hitch left foot, straight right leg

REPEAT

TAG

After the second wall hold the hitch a bit longer and start again with the vocals

TAG

At the end of the fifth wall dance to count 31 and hold count 32. Then dance the following steps:

- 1 (Rama) turn left knee
2 (Lama) turn right knee
& Bring both knees out
3 (Ding) bring both knees in
& Bring both knees out
4 (Ding) bring both knees in
5 (Rama) turn left knee
6 (Lama) turn right knee
& Bring both knees out
7 (Ding) bring both knees in
& (Ding) bring both knees out
8 (Ding) bring both knees in
- 1 Left foot touch next to right foot
2 Left foot touch heel left diagonal
3 Left foot touch heel left diagonal
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