

# Shaba!

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Amy Christian (USA)  
音乐: Sexual Healing - Shaba Ranks & Maxi Priest



## SIDE MAMBO, BODY ROLL TWICE

- 1&2      Right mambo to right side looking right (right hand gracefully go out to the right side)
- 3-4      Body roll looking left (as right hand goes over & down the back of your head & neck)
- 5&6      Left mambo to left side looking left (left hand gracefully go out to the left side)
- 7-8      Body roll looking right (as left hand goes over & down the back of your head & neck)

**Alternative step: replace the body roll with a hip roll**

## STEP BACK RIGHT, LEFT, COASTER STEP, DIAGONALLY FORWARD, HIP ROLL ¼ TURN LEFT

- 1-2      Step back right, step back left
- 3&4      Right coaster step
- 5-6      Big step diagonally forward on left, touch right next to left
- 7&8      Roll hips twice to the right making a ¼ turn right

## COASTER STEP, STEP LOCK STEP, STEP ½ TURN STEP, STEP ½ TURN STEP

- 1&2      Right coaster step
- 3&4      Step forward on left, lock right foot behind left, step right forward
- 5&6      Step forward on right, pivot ½ turn left, step forward on right
- 7&8      Step forward on left, pivot ½ turn right, step forward on left

## POINT, SHIMMY, CROSS, TWICE, COASTER STEP, PIVOT ½ TURN LEFT, CLAP

- 1-2      Touch right foot to right side, shimmy, bend knees & cross right over left
- 3-4      Touch left foot to left side, shimmy, bend knees & cross left over right
- 5&6      Right coaster step
- 7-8      Pivot ½ turn left on right foot, step left foot next to right & clap

## REPEAT

## TAG

It is done twice. Once right after the 1st wall (9:00) & it will bring you back to the 1st wall. Then again on the 5th wall after 16 counts into the dance (after hip roll ¼ turn at 6:00). At this tag singer will sing " your body can't lie to me..."

## CROSS RIGHT, CROSS LEFT, ¼ TURN, HOLD, BUMPS, (KEEPING WEIGHT ON RIGHT FOOT)

- 1-2      Cross right foot over left foot, cross left foot over right foot
- 3-4      ¼ turn left, stepping right foot back, hold, right hand goes over your head
- (3)& down to the side & snap fingers, bump backwards(4)**
- &5-6      Bump forward(&), bump backwards & snap fingers(5), bump forward right hand goes straight, with palm out, same time as left hand hits chest with open palm(6)
- &7&8      Bump backwards & punch punch left hand straight out in a fist, right hand in a fist at chest level, elbow bent(&), bump forward & punch right hand over left elbow(7), bump backwards & bring right hand back to chest level(&), bump forward & punch out right hand under left elbow(8)

## STEP LEFT FORWARD, THRUST FORWARD, TOUCH RIGHT, RONDE ½ TURN, TOE TOUCHES MOVING FORWARD

- 1-2      Step left foot forward & thrust your pelvic forward, swing open palms backwards, bringing hands up behind your ears, touch right foot next to left
- 3-4      Ronde right foot making ½ turn right, touching right foot next to left

- &5 Hands in a fist at waist level, elbows bent, moving forward step right foot down & touch left foot next to right
- &6 Hands in a fist at waist level, elbows bent, moving forward step left foot down & touch right foot next to left
- &7 Look left, hands in a fist at waist level, elbows bent, moving forward step right foot down & touch left next to right
- &8 Look forward, hands in a fist at waist level, elbow bent, moving forward step left foot down & touch right next to left

### **TAG**

**Repeat last 8 counts of dance. It is done once, after the 7th wall at 6:00. Listen to the music & you will know when it's coming. Right after the violin instrumental part**

**POINT, SHIMMY, CROSS TWICE, RIGHT COASTER STEP, PIVOT ½ TURN LEFT, STEP LEFT NEXT TO RIGHT, CLAP**

- 1-2 Touch right foot to right side, shimmy, bend knees & cross right over left
- 3-4 Touch left foot to left side, shimmy, bend knees & cross left over right
- 5&6 Right coaster step
- 7-8 Pivot ½ turn left on right foot, step left foot next to right & clap
-