

# Shambala

拍数: 32      墙数: 4      级数: Intermediate  
编舞者: Amy Christian (USA)  
音乐: 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

