

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

