

Shama Lama

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 2 级数: Beginner
编舞者: Paula Baker (USA) - December 2008
音乐: Shama Lama Ding Dong - Scooter Lee : (CD: Home to Louisiana)



(Start dance 16 counts after music begins)

Alternate music for teaching: Heart's Desire by Lee Roy Parnell; No Shoes, No Shirt by Kenny Chesney

RIGHT VINE, 1/2 TURN LEFT, SHUFFLE FORWARD

1- 4 Step right to side, cross left behind right, step right to side, step left next to right (wt. on left)
5- 6 Step right forward, turn 1/2 left and step on left
7&8 Shuffle forward right, left, right

LEFT VINE, 1/2 TURN RIGHT, SHUFFLE FORWARD

1- 4 Step left to side, cross right behind left, step left to side, step right next to left (wt. on right)
5- 6 Step left forward, turn 1/2 right and step on right
7&8 Shuffle forward left, right, left

TOUCH CROSS, TOUCH CROSS, JAZZ BOX 1/4 TURN RIGHT

1- 2 Touch right toe to right side, cross right over left
3- 4 Touch left toe to left side, cross left over right
5- 8 Cross right over left, step left back, turn 1/4 right on right, close with left. (wt. on left)

HEEL TOUCHES FRONT, SIDE, TRIPLE STEP X 2

1- 2 Touch right heel forward, touch right heel at right side
3&4 Triple step right, left, right
5- 6 Touch left heel forward, touch left heel at left side
7&8 Triple step left, right, left

WEAVE RIGHT, SIDE ROCK, CROSS SHUFFLE

1- 4 Step right to side, cross left behind right, step right to side, cross left over right
5- 6 Side rock on right, recover on left
7&8 Cross right over left, step left to side, cross right over left

WEAVE LEFT, SIDE ROCK 1/4 TURN RIGHT, SHUFFLE FORWARD

1- 4 Step left to side, cross right behind left, step left to side, cross right over left
5- 6 Side rock on left, recover 1/4 turn right on right
7&8 Shuffle forward left, right, left (6:00)

Know that life is choreographed by a "Higher Being" and that all we are required to do is learn the steps of the dance!!!