

You Put the Shama Lama

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Absolute Beginner
編舞者: Micaela Svensson Erlandsson (SWE) - November 2017
音樂: Shama Lama Ding Dong - Ronnie McDowell



Note: Use hips all through the dance to get the feeling of the music

Intro - 32 counts

Section 1: Right Forward Rumba Box.

- 1-2 Step right to right side. Step left beside right.
- 3-4 Step forward on right. Hold.
- 5-6 Step left to left side. Step right beside left.
- 7-8 Step back on left. Hold.

Section 2: Sway. Hold. Sway. Hold. Sway. Hold. Sway. Hold.

- 1-2 Step right to right side swaying right. Hold.
- 3-8 Sway left. Hold. Sway right. Hold. Sway left. Hold.

Section 3: Slow Right Chasse. Hold. Slow left Chasse ¼ turn left. Hold.

- 1-4 Step right to right side. Close left beside right. Step right to right side. Hold.
- 5-6 Step left to left side. Close right beside left.
- 7-8 Turn ¼ left stepping forward on left. Hold.

Section 4: Slow right Forward Mambo. Hold. Slow left Mambo Back. Hold.

- 1-4 Rock forward on right. Recover onto left. Step back on right. Hold.
 - 5-8 Rock back on left. Recover onto right. Step forward on left. Hold.
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