

Shaba!

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Amy Christian (USA)
音樂: 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
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