

Shaba

拍數: 32 牆數: 4 級數: Intermediate
編舞者: Amy Christian (USA)
音樂: House Call - Shaba Ranks & Maxi Priest : (7 Remix)



Note : Dedicated to all line dancers who are not afraid to strut their stuff ;)

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Side Mambo, Body Roll X 2

- 1&2 R mambo to right side, looking right, (R 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 L mambo to left side, looking left, (hands gracefully go out to the sides).
- 7-8 Body roll, looking right (as left hand goes over & down the back of your head & neck).
(Alternative step : Do a Hip Roll instead of a Body Roll)

Step Back R, L, Coaster Step, Diagonally Forward, Hip Roll ¼ Turn

- 1-2 Step back right, Step back left.
- 3&4 Step back on right, step left next to right, step right forward.
- 5-6 Big step diagonally forward on left, touch right next to left.
- 7&8 Roll hips twice clockwise making a ¼ turn right.

Coaster Step, Step Lock Step, Step ½ Turn Step, Step ½ Turn Step

- 1&2 Step back on right, step left next to right, step right forward.
- 3&4 Step forward on left, lock right foot behind left, step forward on left.
- 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, Point, Shimmy, Cross, Coaster Step, Pivot ½ Turn Left, Clap

- 1-2 Touch right foot to right side, bend knees & cross right over left & shimmy.
- 3-4 Touch left foot to left side, bend knees & cross left over right & shimmy.
- 5&6 Step back on right, step left next to right, step right forward.
- 7-8 Pivot ½ turn left on right foot, step left foot next to right & clap.

Tag 1 (16 Count) It is done twice. Once right after the 1st wall,(9 o'clock) & it will bring you back to the 1st wall.

Then again on the 5th wall after 16 counts of the dance (after Hip Roll ¼ Turn at 6 o'clock). The singer sings, ?Your body can?t lie to me??.

Cross R, Cross L, ¼ Turn, Bumps (keeping weight on R foot)

- 1-2 Cross right foot over left foot, cross left foot over right.
- 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 forwards(&), bump backwards & snap fingers(5), bump forwards, right hand goes straight forward with palm out, same time as left hand hits chest with flat palm(6).
- &7&8 Bump backwards & punch left hand straight out in a fist, right hand in a fist, elbow bent at chest level(&), 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 L Forward, Thrust, Touch R, Ronde ½ Turn, Toe Switches

- 1-2 Step left foot forward & thrust your pelvic forward, Swing open palms backwards, bring 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 R foot down & touch L next to right.

- &6 Hands in a fist at waist level, elbows bent, moving forward step L foot down & touch R next to left.
- &7 Look left, Hands in a fist at waist level, elbows bent, moving forward step R foot down & touch L next to R.
- &8 Look straight, Hands still at waist level, moving forward step L down & touch R next to L.

Tag 2 (Repeat last 8 counts of dance) It is done once, after the 7th wall at 6 o'clock. Listen to the music & you will know when it's coming. Right after the violin instrumental part.

Point, Shimmy, Cross, Point, Shimmy, Cross, Coaster Step Pivot ½ Turn Left, Clap
