

# Shama Lama

**COPPER** **NOB**  
BY STEPHEN

拍數: 48      牆數: 2      級數: Beginner  
編舞者: Paula Baker (USA) - December 2008  
音樂: 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!!!