

# Shambala

拍數: 64      牆數: 4      級數: Easy Intermediate  
編舞者: Ria Vos (NL) - December 2011  
音樂: Shambala - Dr. Victor & The Rasta Rebels : (Album: Greatest Hits)



Intro: 48 counts (± 23 sec.)

**Kick/Point Diag. Fwd, Side Point, ¼ Turn R, ¼ Turn R, Sailor R, Sailor L**

1-2            R Kick or Point Fwd to Left Diagonal, Point R to Right Side  
3-4            ¼ Turn Right Step Fwd on R, ¼ Turn Right Step L to Left Side (6:00)  
5&6           Step R Behind L, Step L to Left Side, Step R to Right Side  
7&8           Step L Behind R, Step R to Right Side, Step L to Left Side

**Kick/Point Diag. Fwd, Side Point, ¼ Turn R, ¼ Turn R, Sailor R, Sailor L ¼ Turn L**

1-2            R Kick or Point Fwd to Left Diagonal, Point R to Right Side  
3-4            ¼ Turn Right Step Fwd on R, ¼ Turn Right Step L to Left Side (12:00)  
5&6           Step R Behind L, Step L to Left Side, Step R to Right Side  
7&8           Step L Behind R Turning ¼ Left, Step R Next to L, Step Fwd on L (9:00)

**Step, Pivot ½ Turn L, Shuffle Fwd, ½ Turn R Step Back, ¼ Turn R, Cross Rock**

1-2            Step Fwd on R, Pivot ½ Turn Left (3:00)  
3&4            Shuffle Fwd Stepping R, L, R  
5-6            ½ Turn Right Step Back on L, ¼ Turn Right Step R to Right Side (12:00)  
7-8            Cross Rock L Over R, Recover on R

**& Touch & Bump, & Heel & Touch ¼ Turn L, & Heel-Hook-Heel, & Touch & Bump**

&1            Small L Step to Left Back Diagonal, Touch R Next to L  
&2            Bump R Hip Up and to Right Side, Recover (weight on L)  
&3            Small Step Back on R, Touch L Heel Fwd (9:00)  
&4            Step onto L Turning ¼ Left, Touch R Next to L  
&5            Small Step Back on R, Touch L Heel Fwd  
&6            Hook L Over R, Touch L Heel Fwd  
&7            Small L Step L to Left Fwd Diagonal, Touch R Next to L,  
&8            Bump R Hip Up and to Right Side, Recover (weight on L) \*\*\*Restart Point

**R Step & Bump Fwd, Step Pivot ½ Turn R, L Step & Bump Fwd, Step Pivot ¼ Turn L**

1&2           Step Fwd on R with Bump Fwd, Recover, Step Weight on R  
3-4           Step Fwd on L, Pivot ½ Turn Right (3:00)  
5&6           Step Fwd on L with Bump Fwd, Recover, Step Weight on L  
7-8           Step Fwd on R, Pivot ¼ Turn Left (12:00)

**Cross Shuffle, ½ Turn L, Cross Shuffle, Side Rock, & Side Rock**

1&2           Cross R Over L, Step L to Left Side, Cross R Over L  
&            Unwind ½ Turn Left (weight on R) (6:00)  
3&4           Cross L Over R, Step R to Right Side, Cross L Over R  
5-6&        Rock R to Right Side, Recover on L, Step R Next to L  
7-8           Rock L to Left Side, Recover on R

**L Step & Bump Fwd, Step Pivot ½ Turn L, R Step & Bump Fwd, Step Pivot ¼ Turn R**

1&2           Step Fwd on L with Bump Fwd, Recover, Step Weight on L  
3-4           Step Fwd on R, Pivot ½ Turn Left (12:00)  
5&6           Step Fwd on R with Bump Fwd, Recover, Step Weight on R

7-8 Step Fwd on L, Pivot  $\frac{1}{4}$  Turn Right (3:00)

**Cross Shuffle,  $\frac{1}{2}$  Turn R Cross Shuffle, Side Rock, & Side Rock**

1&2 Cross L Over R, Step R to Right Side, Cross L Over R

& Unwind  $\frac{1}{2}$  Turn Right (weight on L) (9:00)

3&4 Cross R Over L, Step L to Left Side, Cross R Over L

5-6& Rock L to Left Side, Recover on R, Step L Next to R

7-8 Rock R to Right Side, Recover on L

**Restart: One Restart on Wall 2 After Count 32 (6:00)**

**Last Revision - 16th December 2011**

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