

SHAMBALA

Choreographed by: Amy Christian. (Taught at Worlds, Nashville - 31st Dec.'06 – 7th Jan.'07)
32 Count, 4 Wall Intermediate Dance. Easy 32 Count Tag. 1 Restart.

Sequence: 32, 32, 32, 32, Tag, 16ct Restart, 32, 32, Tag, Tag, 32, 32, Fades off.

Music: Shambala by Three Dog Night – Albums: The Best Of, The Complete Hit Singles, Joy To The World, The Collection & various other albums.

32 Count Intro.

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R DOROTHY STEP, L DOROTHY STEP, ¼ PADDLE TURN L X 2

1-2& Step R foot diagonally fwd(1), Step L foot behind R foot(2), Step R foot diagonally fwd(&)

3-4& Step L foot diagonally fwd(3), Step R foot behind L foot(4), Step L foot diagonally fwd(&)

5-8 Step fwd on R foot(5), pivot ¼ turn left, transferring weight to L foot(6), Step fwd on R foot(7), Pivot ¼ turn left, transferring weight to L foot(8)

TOUCH, TOUCH, COASTER STEP, TOUCH, ¼ TURN TOUCH, COASTER STEP

1-2 Touch R foot fwd(1), Touch R foot to right side(2),

3&4 Step back on R foot(3), Step L foot next to R foot(&), Step R foot fwd,

5-6 Touch L foot fwd(5), Turn ¼ left, twisting on ball of R foot, Touch L foot to left side(6),

7&8 Step back on L foot(7), Step R foot next to L foot(7), Step fwd on L foot(8), (**Restart here on wall 5**)

WEAVE, BUMP HIPS R,L,R, BUMP HIPS L,R,L

1-4 Step R foot to right side(1), Step L foot behind R foot(2), Step R foot to right side(3), Step L foot across R foot(4),

5&6 Step R foot to right side as you bump hips R,L,R,

7&8 Bump hips L,R,L,

R SAILOR, L SAILOR, ½ TURN PIVOT X 2

1&2 Step R foot behind L foot(1), Step L foot to left(&), Step R foot to right side(2),

3&4 Step L foot behind R foot(3), Step R foot to right(&), Step L foot to left side(4),

5-8 Step fwd on R foot(5), Pivot ½ turn left, transferring weight on L foot(6), Step R foot fwd(7), Pivot ½ turn left, transferring weight on L foot(8)

32 COUNT TAG – (16 Counts Repeated Twice)

TOUCH, HITCH, TOUCH, HITCH, COASTER STEP, PIVOT 1/4

1-4 Touch R foot to right side, Swing hands to left(1), Hitch R knee across L knee, Swing hands to right(2), Touch R foot to R side, Swing hands to left(3), Hitch R knee across L knee, Swing hands to right(4),

5&6 Step R foot back(5), Step L foot next to R foot(7), Step R foot forward(6),

7-8 Step fwd on L foot(7), Pivot ¼ turn right on R foot(8),

CROSS SHUFFLE, ROCK RECOVER, R SAILOR, ½ TURN L SAILOR

1&2 Step L foot across R foot(1), Step R foot in place(&), Step L foot across R foot(2),

3-4 Step R foot to right side(3), Step L foot in place(4),

5&6 Step R foot behind L foot(5), Step L foot to left side(&), Step R foot to right side(6),

7&8 Cross L foot behind R foot, Turning 1/2 left(7), Step R foot to right side(&), Step L foot in place(8).

REPEAT THE 16 COUNTS AGAIN TO MAKE IT A 32 COUNT TAG.

*****ENJOY*****