Shambala

Count: 64 **Wall:** 4 **Level:** Easy Intermediate
Choreographer: Ria Vos (NL) - December 2011
Music: 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 ¼ Turn Right (3:00)

Cross Shuffle, ½ Turn R Cross Shuffle, Side Rock, & Side Rock

1&2	Cross L Over R, Step R to Right Side, Cross L Over R
&	Unwind ½ 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
