

# Amambanda

Count: 32

Wall: 4

Level: Intermediate social cha

Choreographer: Jos Slijpen (NL) & Thea Ottenheim (NL)

Music: Amambanda - Treble



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## SKATE RIGHT, SKATE LEFT, FORWARD SHUFFLE RIGHT, STEP, PIVOT $\frac{3}{4}$ TURN RIGHT, $\frac{1}{2}$ TURN SHUFFLE RIGHT

- 1-2 Skate forward right, skate forward left
- 3&4 Step forward right, step left beside right, step forward right
- 5-6 Step forward left, pivot  $\frac{3}{4}$  turn right (3:00)
- 7&8 Step forward right making  $\frac{1}{4}$  turn right, step left beside right, make  $\frac{1}{4}$  turn right stepping back on left (9:00)

## ROCK BACK, RECOVER, SHUFFLE $\frac{1}{2}$ TURN LEFT, ROCK BACK, RECOVER, SHUFFLE $\frac{1}{2}$ TURN RIGHT

- 1-2 Rock back right and bend left knee forward, recover weight on left
- 3&4 Shuffle  $\frac{1}{2}$  turn left stepping right-left-right
- 5-6 Rock back left and bend right knee forward, recover weight on right
- 7&8 Shuffle  $\frac{1}{2}$  turn right stepping left-right-left (9:00)

## SWEEP RIGHT BEHIND, SIDE STEP LEFT, CROSS ROCK, RECOVER, $\frac{1}{4}$ TURN RIGHT, FORWARD FULL TURN, FORWARD SHUFFLE LEFT

- 1-2 Sweep right round and behind left, step left to left side
- 3&4 Cross rock right over left, recover weight on left, make  $\frac{1}{4}$  turn right stepping forward on right (6:00)
- 5-6 Make  $\frac{1}{2}$  turn right stepping back on left, make  $\frac{1}{2}$  turn right stepping forward on right
- 7&8 Step forward left, step right beside left, step forward left

## KICK, $\frac{1}{4}$ TURN RIGHT WITH KICK, COASTER STEP, STEP, PIVOT $\frac{1}{2}$ TURN RIGHT, FORWARD SHUFFLE LEFT

- 1-2 Kick forward right, on ball of left make  $\frac{1}{4}$  turn right and kick right forward (3:00)
- 3&4 Step back right, step left beside right, step forward right
- 5-6 Step forward left, pivot  $\frac{1}{2}$  turn right (9:00)
- 7&8 Step forward left, step right beside left, step forward left

REPEAT

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