

# SHAMBALA

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**Count:** 32

**Wall:** 4

**Level:** intermediate

**Choreographer:** Amy Christian

**Music:** Shambala by Three Dog Night

## RIGHT DOROTHY STEP, LEFT DOROTHY STEP, ¼ PADDLE TURN LEFT TWICE

- 1-2&** Step right foot diagonally forward, step left foot behind right foot, step right foot diagonally forward
- 3-4&** Step left foot diagonally forward, step right foot behind left foot, step left foot diagonally forward
- 5-8** Step forward on right foot, pivot ¼ turn left, transferring weight to left foot, step forward on right foot, pivot ¼ turn left, transferring weight to left foot

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

- 1-2** Touch right foot forward, touch right foot to right side
- 3&4** Step back on right foot, step left foot next to right foot, step right foot forward
- 5-6** Touch left foot forward, turn ¼ left, twisting on ball of right foot, touch left foot to left side
- 7&8** Step back on left foot, step right foot next to left foot, step forward on left foot

**Restart here on wall 5, after tag**

## WEAVE, BUMP HIPS RIGHT, LEFT, RIGHT, BUMP HIPS LEFT, RIGHT, LEFT

- 1-4** Step right foot to right side, step left foot behind right foot, step right foot to right side, step left foot across right foot
- 5&6** Step right foot to right side as you bump hips right, left, right
- 7&8** Bump hips left, right, left

## RIGHT SAILOR, LEFT SAILOR, ½ TURN PIVOT TWICE

- 1&2** Step right foot behind left foot, step left foot to left, step right foot to right side
- 3&4** Step left foot behind right foot, step right foot to right, step left foot to left side
- 5-8** Step forward on right foot, pivot ½ turn left, transferring weight on left foot, step right foot forward, pivot ½ turn left, transferring weight on left foot

**REPEAT**

## **TAG**

**16 counts repeated twice after wall 4, then four times after wall 7**

### **TOUCH, HITCH, TOUCH, HITCH, COASTER STEP, PIVOT $\frac{1}{4}$**

- 1-4** Touch right foot to right side, hitch right knee across left knee, touch right foot to right side, hitch right knee across left knee
- 5&6** Step right foot back, step left foot next to right foot, step right foot forward
- 7-8** Step forward on left foot, pivot  $\frac{1}{4}$  turn right on right foot

### **CROSS SHUFFLE, ROCK RECOVER, RIGHT SAILOR, $\frac{1}{2}$ TURN LEFT SAILOR**

- 1&2** Step left foot across right foot, step right foot in place, step left foot across right foot
- 3-4** Step right foot to right side, step left foot in place
- 5&6** Step right foot behind left foot, step left foot to left side, step right foot to right side
- 7&8** Cross left foot behind right foot, turning  $\frac{1}{2}$  left, step right foot to right side, step left foot in place
- 17-32** Repeat the 16 counts again to make it a 32 count tag

## **RESTART**

**On wall 5, restart after count 16**