

# Shangri-La

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**Count:** 64

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Ross Brown (UK) May 2011

**Music:** One Step From Paradise by Malena Ernman (132 BPM), CD; La Voix Du Nord [Length - 4:02]

## **Intro: 48 Counts from Heavy Beat (Approx. 33 Secs)**

### **SHUFFLE FORWARD. ROCK FORWARD. TOGETHER, HEEL, HOLD. TOGETHER, ROCK FORWARD.**

- 1 & 2** Step forward with right, close left up to right, step forward with right.
- 3 - 4** Rock forward with left, recover onto right.
- & 5 - 6** Step left next to right, touch right heel forward, hold for 1 count.
- & 7 - 8** Step right next to left, rock forward with left, recover onto right. (12 o'clock)

### **SHUFFLE ½ TURN L. ROCK FORWARD. TOGETHER, HEEL, HOLD. TOGETHER, STEP, PIVOT ¼ TURN L.**

- 1 & 2** Shuffle a ½ turn left stepping; left, right, left.
- 3 - 4** Rock forward with right, recover onto left.
- & 5 - 6** Step right next to left, touch left heel forward, hold for 1 count.
- & 7 - 8** Step left next to right, step forward with right, pivot a ¼ turn left. (3 o'clock)

### **CROSS, SIDE. SAILOR STEP. X2.**

- 1 - 2** Cross step right over left, step left to the left.
- 3 & 4** Cross step right behind left, step left to the left, step right to the right.
- 5 - 6** Cross step left over right, step right to the right.
- 7 & 8** Cross step left behind right, step right to the right, step left to the left. (3 o'clock)

### **(TURNING DIAMOND SHAPE) CORNER, HOLD. TOGETHER, BACK ¼ TURN R, HOLD. TOGETHER, STEP ¼ TURN R, BACK ¼ TURN R. CHASSE 1/8 TURN R.**

- 1 - 2** Step forward to left diagonal with right (1:30), hold for 1 count.
- & 3 - 4** Step left next to right, make a ¼ turn right stepping back with right (4:30), hold for 1 count.

- & 5 - 6** Step left next to right, make a  $\frac{1}{4}$  turn right stepping forward with right (7:30), make a  $\frac{1}{4}$  turn right stepping back with left (10:30).
- 7 & 8** Make an  $\frac{1}{8}$  turn right stepping right to the right, close left up to right, step right to the right. (12 o'clock)

**CROSS ROCK. CHASSE  $\frac{1}{4}$  TURN L. SWEEP  $\frac{3}{4}$  TURN L, TOGETHER. BEHIND, SIDE, CROSS.**

- 1 - 2** Cross rock left over right, recover onto right.
- 3 & 4** Step left to the left, close right up to left, make a  $\frac{1}{4}$  turn left stepping forward with left.
- 5 - 6** Make a  $\frac{3}{4}$  turn left sweeping right foot around, step right next to left.
- 7 & 8** Cross step left behind right, step right to the right, cross step left over right. (12 o'clock)

**SIDE ROCK. BEHIND, SIDE, CROSS. SWEEP  $\frac{3}{4}$  TURN R, TOGETHER. DIAGONAL BACK ROCK.**

- 1 - 2** Rock right to the right, recover onto left.
- 3 & 4** Cross step right behind left, step left to the left, cross step right over left.
- 5 - 6** Make a  $\frac{3}{4}$  turn right sweeping left foot around, step left next to right.
- 7 - 8(Facing forward right diagonal) Rock back with right, recover onto left. (10:30)**

**DIAGONAL ROCKING CHAIR. X2.**

- 1 - 2 - 3 - 4(Still facing forward right diagonal) Rock forward with right, recover onto left, rock back with right, recover onto left.**
- 5 - 6 - 7 - 8** Repeat Counts 1 - 2 - 3 - 4 of this Section. (10:30)

**SIDE, HOLD. TOGETHER, CROSS, HOLD. SIDE, BEHIND, UNWIND  $\frac{3}{4}$  TURN R. WALK, WALK.**

- 1 - 2(Straighten up to Side Wall) Step right to the right, hold for 1 count.**
- & 3 - 4** Step left next to right, cross step right over left, hold for 1 count.
- & 5 - 6** Step left to the left, cross step right behind left, unwind a  $\frac{3}{4}$  turn right.
- 7 - 8** Walk forward; right, left. (6 o'clock)

**End of Dance. Start again and Enjoy!**

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