



# Ganja

(December 2024)

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**Information:** 84 Counts, 1 wall, Intermediate/Advanced.  
**Choreographers:** Adam Astmar (SE).  
**Music:** "Ganja Gun" by HEDEGAARD, Captain MacKay & TM Bax (3:12) ~ 90 bpm.  
**Intro:** 36 counts from start of track, starting on first clear beat after the 4 counts of silence.

Section	Steps & Explanations	End Facing
<b>1</b>	<b>Diagonal, Touch. Side. Behind, Side, 1/8 Step. 1/8 Botafogo. Cross. Side Sweep. Behind. ¼ Fwd. Fwd.</b>	
1 & 2	Step to R diagonal on RF (1). Touch LF next to RF (&). Step to L on LF (2).	12'00
3 & 4	Step RF behind LF (3). Step to L on LF (&). Turn 1/8 L step forward on RF (4).	10'30
5 & 6 &	Step forward on LF (5). Turn 1/8 L rock to R on RF (&). Recover on LF (6). Cross RF over LF (&).	9'00
7 – 8 & 1	Step to L on LF sweep RF from side to back (7). Step RF behind LF (8). Turn ¼ L step forward on LF (&). Step forward on RF (1).	6'00
<b>2</b>	<b>Fwd. Mambo Fwd. Rock Back. Chase ½ Turn Step.</b>	
2 – 3 & 4	Step forward on LF (2). Rock forward on RF (3). Recover on LF (&). Step back on RF (4).	6'00
5 – 6	Rock back on LF (5). Recover on RF (6).	6'00
7 & 8	Step forward on LF (7). Turn ½ R placing weight on RF (&). Step forward on LF (8).	12'00
<b>3</b>	<b>Rock Fwd. Rock Back. 3/8 Turn Side. Together. Walk Fwd R, L. Up, Up, Down, Down Lock Step Fwd.</b>	
1 – 2	Rock forward on RF pushing R hip forward (1). Recover on LF pushing L hip back (2).	12'00
3 – 4	Rock back on RF pushing R hip back (3). Recover on LF returning hips to center (4).	12'00
& 5 – 6	Turn 3/8 L step to R on RG (&). Close LF next to RF (5). Step forward on RF (6).	7'30
7 & 8 & 1	Step forward on LF (7). Step forward on RF going up on ball of foot (&). Lock LF behind RF going up on ball of foot (8). Step forward on RF going back down (&). Step forward on LF (1).	7'30
<b>Arms</b>	<p><b>Counts 1 – 4:</b>  <b>R arm: Bend arm at elbow with palm facing body and in front of chest (like holding someone around the waist).</b>  <b>L arm: Bend arm at elbow with palm facing forward and pointing up (like giving someone a high five).</b></p> <p><b>Hold this position throughout the 4 counts.</b></p> <p><b>Counts &amp; 5:</b>  <b>Throw R hand diagonally down to R (&amp;).</b>  <b>Throw L hand diagonally down to L (5).</b></p>	
<b>4</b>	<b>Step ½ Turn. ½ Back. 3x Batucada. Back. 1/8 Side.</b>	
2 – 3	Step forward on RF (2). Turn ½ L placing weight on LF (3).	1'30
4 & 5	Turn ½ L step back on RF (4). Step back on LF (&). Press forward on RF (5).	7'30
& 6 & 7	Step back on RF (&). Press forward on LF (6). Step back on LF (&). Press forward on RF (7).	7'30
8 &	Step back on RF (8). Turn 1/8 L step to L on LF (&).	6'00
<b>5</b>	<b>¾ Samba Diamond R.</b>	
1 & 2	Cross RF over LF (1). Turn 1/8 R step back on LF (&). Step back on RF (2).	7'30
3 & 4	Step back on LF (3). Turn ¼ R step forward on RF (&). Step forward on LF (4).	10'30
5 & 6	Cross RF over LF (5). Turn ¼ R step back on LF (&). Step back on RF (6).	1'30
7 & 8	Step back on LF (7). Turn 1/8 R step to R on RF (&). Cross LF over RF (8).	3'00
<b>6</b>	<b>Basic Samba Right. Basic Samba Left. Cross Rock. Side Rock. Jazz Box ¼ Cross.</b>	
1 – 2 &	Step to R diagonal on RF sweep LF behind (1). Lock LF behind RF (2). Recover on RF (&).	3'00
3 – 4 &	Step to L diagonal on LF sweep RF behind (3). Lock RF behind LF (4). Recover on LF (&).	3'00
5 & 6 &	Cross rock RF over LF (5). Recover on LF (&). Rock to R on RF (6). Recover on LF (&).	3'00

7 & 8 &	Cross RF over LF (7). Turn ¼ R step back on LF (&). Step to R on RF (8). Cross LF over RF (&).	6'00
<b>7</b>	<b>Side Hip Roll. Behind, Side, Cross. Side Hip Roll. Behind. ¼ Fwd. Fwd.</b>	
1 – 2	Step to R on RF slightly bend knees and roll hips (1). Finish rolling hips placing weight on LF (2).	6'00
3 & 4	Step RF behind LF (3). Step to L on LF (&). Cross RF over LF (4).	6'00
5 – 6	Step to L on LF slightly bend knees and roll hips (5). Finish rolling hips placing weight on RF (6).	6'00
7 & 8	Step LF behind RF (7). Turn ¼ R step forward on RF (&). Step forward on LF (8).	9'00
<b>8</b>	<b>Mambo Step Sweep. Behind, Side, Cross. Samba Whisk. Side, Behind, ¼ Fwd.</b>	
1 & 2	Rock forward on RF (1). Recover on LF (&). Step back on RF sweep LF from front to back (2).	9'00
3 & 4	Step LF behind RF (3). Step to R on RF (&). Cross LF over RF (4).	9'00
5 a 6	Step to R on RF (5). Small rock back on LF (a). Recover on RF (6).	9'00
7 & 8	Step to L on LF (7). Step RF behind LF (&). Turn ¼ L step forward on LF (8).	6'00
<b>9</b>	<b>3x Chug ¼. ¼ Side Stomp. Sailor Step. Behind, ¼ Fwd. Touch.</b>	
1 – 2	Turn ¼ L pushing to R on RF (like a touch but stronger) (1). Turn ¼ L pushing to R on RF (2).	12'00
3 – 4	Turn ¼ L pushing to R on RF (3). Turn ¼ L stomping to R on RF (4).	6'00
5 & 6	Step LF behind RF (5). Step slightly to R on RF (&). Step to L on LF (6).	6'00
7 & 8	Step RF behind LF (7). Turn ¼ L step forward on LF (&). Touch RF next to LF and slap R thigh with both hands (8).	3'00
<b>10</b>	<b>2x Hip Roll. Step Sweep. Weave Sweep. Behind, ¼ Fwd.</b>	
1 – 2	Touch RF forward and hip roll while keeping weight on LF and start to slowly drag hands from thigh up towards chest (1, 2).	3'00
3 – 4	Repeat the hip roll continuing to drag hands up towards chest, finishing dragging hands on count 4 (3, 4).	3'00
5 – 6 &	Step forward on RF sweep LF from back to front (5). Cross LF over RF (6). Step to R on RF (&).	3'00
7 – 8 &	Step back on LF sweep RF from front to back (7). Step RF behind LF (8). Turn ¼ L step forward on LF (&).	12'00
<b>11</b>	<b>Side, Slow Hip Roll. 2X Quick Hip Roll. Touch.</b>	
1 – 2	Step to R on RF pushing R hip to R and start rolling hips clockwise in a big circle (1). Finish rolling hips placing weight on LF (2).	12'00
3 – 4 &	Roll hips clockwise (3). Roll hips clockwise placing weight on LF (4). Drag RF towards LF (&).	12'00

Please do not change anything in this stepsheet. If you want to use this somewhere else, you need to make sure that it's in original form and nothing's missing, such as contact details etc.

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