

# Shambala

Count: 64

Wall: 4

Level: Easy Intermediate

Choreographer: Ria Vos (NL)

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**