

SHAMBALA

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MUSIC: "Shambala" by Rockapella. CD: Smilin', Track 1. Also available on Amazon, iTunes and other digital music services.

TIME/SPEED: Slow by 11% (to 33MPM ≈ 40 RPM) or to comfort

RHYTHM/PHASE: Jive. Phase V+1 (Rolling off the arm)

FOOTWORK: Opposite unless otherwise noted.

RELEASED: August 2, 2015. Demonstration available on YouTube – search Shambala Jive.

SEQUENCE: Intro, A, B, C, B, C(1-8), D, C(9-16), A(mod)

INTRO

1-4 WAIT 1 MEAS; HIP LIFT 2; CROSS POINT 4 W SNAPS TO LOP;;

- 1-4 {**Wait 1 Meas**} Facing pos Wall 6-8 ft apart lead hands on hips lead feet free;
{**Hip Lift 2**} Lift L hip, lower L hip, lift L hip, lower L hip;
{**Cross Point 4 w Snaps to LOP**} XLIF of R, point R to side and snap w trail hand, XRIF of L, point L to side and snap w trail hand; XLIF of R, point R to side and snap w trail hand, XRIF of L, point L to side and join lead hands;

PART A

1-8 SHE GO HE GO,.. LINK TO DBL WHIP TRN (FC WALL),;;; ROCK & CHASSE ROLL 3 TRIPLES;; ROCK & ROLL IT BACK TO FACE;;

- 1-4 {**She Go He Go**} Rock bk L, rec R, fwd L/ R, L trng RF 1/8 to look at W's back; fwd R trng 5/8 LF under joined lead hands/ L, side R to end facing cntr, (Rock bk R, recover L, fwd R trng 1/2 LF under joined lead hands/ close L, fwd R finish 1/2 trn; side L/ close R, side L to end facing wall,)
{**Link to Dbl Whip Trn**} Rock L, rec R; fwd L/ R, L to CP, XRIB of L toe turned out commence RF trn, side L cont RF trn to face ~DRLC; XRIB of L cont RF trn, side L cont RF trn end facing wall, chasse side R/ L, R end in CP WALL; (rock R, rec L; fwd R/ L, R, fwd L toward man's R side commence RF trn, fwd R betw man's feet cont RF trn; fwd L cont trn, fwd R betw man's feet cont trn end facing wall, chasse side L/ R, L;)
5-8 {**Rock & Chasse Roll 3 Triples**} Rock L to SCP, rec R to face, side L/ R, L trng RF to Back-to-Back pos; side R/ L, R trn to face, side L/ R, L end facing partner and wall;
{**Rock & Roll It Back**} Rock R to LHOP, rec L to face, side R/L, R trng LF to Back-to-Back pos; side L/ R, L trn to face, side R/ L, R end facing partner and wall;

9-16 LINK ROCK;.. ROCK TO JIVE WALKS,;; SWIVEL WALK 4; JIVE L & R; STOP & GO W DOUBLE STOP ACTION,;;

- 9-12 {**Link Rock**} Rock L, rec R, sm triple fwd L/R, L; side R/L, R blending to CP,
{**Rock to Jive Walks**} Rock L to SCP, rec fwd R; fwd L/R, L, fwd R/L, R;
{**Swivel Walk 4**} With swivel action fwd L, fwd R, fwd L, fwd R;
13-16 {**Jive L & R**} Small side L trn RF to face partner and wall/ R, L, small side R/L, R to loose CP;
{**Stop & Go w Double Stop Action**} Rock bk L, rec R, fwd L/R, L [M catch W w R hand on W's L shoulder blade at end of triple to stop her movement]; rock fwd R, rec L, rock bk R [M catch W at waist level w joined lead hands], rec L; rock fwd R, rec L, small bk R/L, R; (rock R, rec L, fwd R commence LF trn/close L, bk R to complete 1/2 LF trn under joined lead hands to end at man's R side; rock bk L, rec R, rock fwd L, rec R; rock bk L, rec R, fwd L commence RF trn/close R, bk L to complete 1/2 RF trn under joined lead hands to end facing M;)

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PART B

1-8 RT TURNING FALLAWAY W GLIDE TO THE SIDE;; DO IT AGAIN;; LINDE CATCH TO DBL HANDHOLD;; NECK SLIDE;;

- 1-4 **{Rt Turning Fallaway w Glide to the Side}** Rock bk L, rec R, fwd and side L start blending to CP and commence RT fc trn/R cont RF trn, side L cont trn to face COH and release to LOP; side R, soften R knee and XLIF of R, side R/L, R;
- {Do it Again}** Rock apt L, rec R, fwd and side L start blend to CP and commence RF trn/ R cont RF trn, side L cont trn to face WALL and release to LOP; side R, XLIF of R, side R/L, R;
- 5-8 **{Linde Catch to Dbl Handhold}** Rock L, rec R, fwd L/R, fwd L moving RF around W catching her at waist w R hand; fwd R, fwd L cont around W, fwd R/L, R trng to face W and joining both hands; (rock R, rec L, fwd R/L, R; bk L, bk R, bk L/R, L to dbl handhold;)
- {Neck Slide}** Rock L, rec R raising joined hands up and over partner's heads, fwd & side L/R, L releasing hold and placing R hands on partner's R shoulder ending W on M's R side; wheel 1/2 RF fwd R, fwd L cont RF trn to fc CNTR allow R hands to slide down partner's arm, side R trng 1/4 RF to LOD/close L, sm side R ending in HS LOD;

9-12 ROLLING OFF THE ARM MAN TRN TO TANDEM WALL;; START CATAPULT TO W UNDERARM TRN AND RT CHASSE;;

- 9-12 **{Rolling Off the Arm Man Turn to Tandem Wall}** Rock L, rec R, sm triple trng ¼ RF fwd L/fwd R, fwd L to face wall in skaters pos both hands joined; wheel 2 trng RF fwd R, sm fwd L and check releasing L hands, sm bk R commence LF trn/sm side L cont trn, close R joining both hands ending in TANDEM WALL pos; (rock R, rec L, sm triple fwd R trn ¼ LF/close L, sm side R; wheel 2 trng 1/2 RF bk L, bk R, in place commence RF L/R, L completing ½ trn to face wall joining both hands;)
- {Start Catapult to W Underarm Trn & RT Chasse}** Rock fwd L, rec R release R hands, triple in place L/R, L begin to raise L hands; sm rock bk R, sm rec L leading lady LF underarm trn under joined L hands, side R/L, R joining lead hands to LOP WALL pos; (Rock R, rec L, fwd R/L, R to move to man's L side; sm fwd L under joined L hands comm LF trn, side and bk R completing ½ LF trn to face M, side L/R, L;)

1,2,
3&.4,
5,6,
7&.8

PART C

1-8 ROCK TO KICK BALL CHNG; WAIST DRAG TO HS;; HS SHE GO HE GO MAN CHANGE HANDS;; CHNG PLACES L TO R MAN FC CNTR;;, ROCK TO TRAV SANDSTEPS COUNT 8,;;

- 1-4 **{Rock to Kick Ball Change}** Rock L, rec R, kick L foot forward/take weight on ball of L foot, replace weight on R;
- {Waist Drag to HS}** Rock L, rec R, fwd L/R, fwd L to W's R side release trail hands and commence ½ LF trn dragging W's R hand around M's waist; R complete ½ trn and join R hands/L, R end in HS CNTR, (rock R, rec L, fwd R/L, fwd R to man's R side; fwd L commence RF trn/R complete ½ trn to face M, L,)
- {Handshake She Go He Go Man Change Hands}** Rock apt L, rec R; fwd L/R, L w 1/8 RF trn to face W's back lead W underarm trn under joined R hands, fwd R trng 5/8 LF to face partner changing hands behind the back/ sm close L, sm R to end in LOP WALL; (rock R, rec L; fwd R commence ½ LF trn under joined R hands/L, R finish ½ LF trn, sm side L/R, L;)
- 5-8 **{Change Places L to R Man fc CNTR}** Rock apt L, rec R, comm ½ RF trn side L/close R, side L; cont RF trn XRIB of L/ close L, close R to fc CNTR, (Rock apt R, rec L, fwd R/close L, fwd R comm ½ LF trn under joined lead hands; side L/close R, side L complete LF trn to fc WALL,)
- {Rock to Travelling Sandsteps 8}** Rock L, rec R to dbl handhold; swivel RF on R touch L toe to instep of R foot, swivel LF on R foot sm side L, swivel RF on L foot touch R heel to

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floor, swivel LF on L foot XRIF of L; swivel RF on R touch L toe to instep of R foot, swivel LF on R foot sm side L, swivel RF on L foot touch R heel to floor, swivel LF on L foot XRIF of L;

9-16 STEP KICK & RT CHASSE; TWO SAILORS SHUFFLES; WINDMILL;,, ROCK TO.; STEP KICK & RT CHASSE; TWO SAILORS SHUFFLES; LINK TO WHIP TRN (FC WALL);;

- 9-12 {**Step Kick & Rt Chasse**} Side L, kick R thru, side R/close L, side R;
{**Two Sailors Shuffles**} low dbl handhold XLIB of R/side R, side L, XRIB of L/side L, side R;
{**Windmill**} Rock L, rec R starting 1/4 LF trn, fwd L in front/close R, fwd L completing 1/4 LF trn; side R starting 1/4 LF trn/close L, side R completing 1/4 LF trn end BFLY WALL,
{**Rock to**} Rock L, rec R;
- 13- Repeat measures 9 & 10;;
- 16 {**Link to Whip Turn**} Rock L, rec R, fwd L/R, L commence RF trn; XRIB of L trng RF, side L cont RF trn to face wall, chasse side R/L, R end in CP WALL; (rock R, rec L, fwd R/L, R commence RF trn; fwd L toward M's R side trng RF, fwd R betw M's feet cont RF trn, chasse side L/R, side L;)

REPEAT PART B

REPEAT PART C (MEAS 1-8)

PART D

1-8 SIDE LUNGE COUNT 3 & CHANGE POINT; HOLD W SNAPS; VINE 4; ROCK SIDE REC & 2 HIP POPS; REPEAT;,,,;

- 1-4 {**Side Lunge 3 & Change Point**} Side lunge L,,, close R to L/point L to side keep lead hands joined;
{**Hold w snaps**} hold 4 beats and snap with gusto w trail hand on beats 2 and 4;
{**Vine 4**} Blend to dbl handhold side L, XRIB of L, side L, XRIF of L;
{**Rock Side Recover & 2 Hip Pops**} Rock side L, rec side R, w low handhold close L to R w hip pop, close R to L w hip pop;
- 5-8 Repeat measures 1-4

REPEAT PART C (MEAS 9-16)

PART A (MOD)

1-8 SHE GO HE GO;,, ROCK TO DBL WHIP TRN (FC WALL),,,,; ROCK & CHASSE ROLL 3 TRIPLES;,,; ROCK & CHASSE ROLL 3 TRIPLES TO FACE;,,;

- 1-8 Repeat measures 1-8 of Part A

9-15+1 LINK ROCK;,,; ROCK TO JIVE WALKS;,,; SWIVEL WALK 4; JIVE L & R; STOP & GO W DOUBLE STOP ACTION FREEZE ON "LA";,,;

- 9-12 Repeat measures 9-12 of Part A
- 13- {**Jive L & R**} Small side L trn R to face partner and wall/ R, L, small side R/L, R;
- 15+1 {**Stop & Go w Double Stop Action Freeze on "La"**} Rock L, rec R, fwd L/R, L [M catch W w R hand on W's L shoulder blade at end of triple to stop her movement]; rock fwd R, rec L, rock bk R [M catch W at waist level w joined lead hands], rec L; rock fwd R and freeze looking back at W, (rock R, rec L, fwd R commence LF trn/close L, bk R to complete 1/2 LF trn under joined lead hands to end at man's R side; rock bk L, rec R, rock fwd L, rec R; rock bk L and freeze,)