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.
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 ½ LF under joined lead hands/ close L, fwd R finish ½ 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;)
SHAMBALA

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

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

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;)

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
floor, swivel LF on L foot XRF 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 XRF 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, X Rib 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;

13-16  Repeat measures 9 & 10;

**{Link to Whip Turn}** Rock L, rec R, fwd L/R, L commence RF trn; X Rib 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, X Rib of L, side L, X Rib 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  **DOUBLE STOP ACTION FREEZE ON “LA”;;**

9-12  Repeat measures 9-12 of Part A

13-15+1  **{Jive L & R}** Small side L trn R to face partner and wall/ R, L, small side R/L, R;

{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,)