

# SHANG A LANG

Description : 32 counts - 4 walls - Level:2 (Novice)

Choreograph: Mary Dewez (RockinMary - Fr )

Music: The Sophisticated Cats - 634 5789

Alternative music for fun: Lou Bega - sweet like Cola

Bay City Rollers - Do Wop Be Doo

## **Section 1 OUT . OUT . IN . IN (2 TIMES)**

- 1-2 R step fwd out, L step fwd out
- 3-4 Recover on R in , Recover on L in
- 5-6 R step fwd out, L step fwd out
- 7-8 R step fwd out, L step fwd out

## **Section 2 SIDE R ROCK-CROSS SHUFFLE-SIDE L ROCK ¼ T RIGHT-LEFT SHUFFLE**

- 1-2 R side rock recover
- 3&4 Cross shuffle (R over L)
- 5-6 Rock step to L recover with ¼ T to R
- 7&8 L Shuffle fwd

## **Section 3 STEP R FWD UP & DOWN- STEP L FWD UP & DOWN**

- &1&2 R step fwd (body diago L) up, Up & Down (work hips) down
- &3&4 R step fwd (body diago L) up, Up & Down (work hips) down
- &5&6 L step fwd (body diago R) up Up & Down (work hips) down
- &7&8 L step fwd (body diago R) up Up & Down (work hips) down

## **Section 4 ROCK FWD R- SHUFFLE ½ T- PIVOT ½ T- RUN L R L**

- 1-2 R rock fwd recover
- 3&4 R shuffle ½ T to R
- 5-6 L Step fwd make ½ T to R
- 7&8 Small run fwd ( L....& R L)