

Rama Lama Ding Dong

Choreographer : Susanne Schalewa & Gert Wollschläger info@incahoots.de
Description : Four Wall Line Dance
Level : Beginner/ Intermediate
Counts : 32 + Tag
BPM :
Music : "Rama Lama Ding Dong" by Rocky Sharpe & The Replays

CROSS, SIDE, SAILOR STEP, KICK BALL STEP

1 LF Cross in front of RF
2 RF step to right side
3 LF Cross behind RF
& RF step to right side
4 LF step to left side

5 RF Kick diagonal left
& RF Step together
6 LF Step to left side
7 RF Kick diagonal left
& RF Step together
8 LF Step to left side

CROSS, SIDE, SAILOR STEP, KICK BALL STEP

9 RF Cross in front of LF
10 LF step to left side
11 RF Cross behind LF
& LF step to left side
12 RF step to right side

13 LF Kick diagonal right
& LF Step together
14 RF Step to right side
15 LF Kick diagonal right
& LF Step together
16 RF Step to right side

CROSS SHUFFLE, ¼ TURN RIGHT & SHUFFLE FORWARD, ¼ RIGHT & CHASSÉ LEFT, ¼ SAILOR TURN RIGHT

17 LF Cross in front of RF
& RF Step to right side
18 LF Cross in front of RF
19 ¼ Turn right,
RF Step forward
& LF Step Together
20 RF Step forward

21 ¼ Turn right on ball of right,
LF Step to left side
& RF Step together
22 LF Step to left side
23 RF Cross behind LF
& ¼ Turn right,
LF Step back
24 RF Step forward

BALL, BALL, HEEL, HEEL, STEP DOWN & BEND KNEES, TOE SPLIT, STEP DOWN & BEND KNEES, HITCH

25 LF Step on ball next to RF, turn left knee in
26 RF Step on ball in place, turn right knee in
(weight is on both balls, knees pointed inward, heels are up)
27 LF Step on heel in place, turn knee out
28 RF Step on heel in place, turn knee out
(weight is on both heels, knees pointed outward, toes are up)

29 turn toes to the front and step down, bend both knees
30 put weight on both heels, straight legs, turn toes out
31 turn toes to the front and step down, bend both knees
32 LF Hitch, Straight right leg

Attention!

After the second wall is a really short break in the music. Hold the Hitch a bit longer and start again with the vocals.

Tag

At the end of the fifth wall dance til count 31 and hold count 32. Then dance the following steps:

1 (Rama) Turn left knee - inside to outside
2 (Lama) Turn right knee - inside to outside
& bring both knees out
3 (Ding) bring both knees in
& bring both knees out
4 (Ding) bring both knees in
5 (Rama) Turn left knee inside to outside
6 (Lama) Turn right knee inside to outside
& bring both knees out
7 (Ding) bring both knees in
& (Ding) bring both knees out
8 (Ding) bring both knees in

1 LF Touch next to RF
2 LF Touch heel left diagonal
3 LF Touch heel left diagonal

