



Approved by:



Cameroon

4 WALL – 32 COUNTS – IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1	Diagonal Forward Shuffle x 2, Skate x 2, Diagonal Forward Shuffle		
1 & 2	(On right diagonal) Step right forward. Close left beside right. Step right forward.	Right Shuffle	Forward
3 & 4	(On left diagonal) Step left forward. Close right beside left. Step left forward.	Left Shuffle	
5 – 6	Skate forward right. Skate forward left.	Skate Skate	
7 & 8	(On right diagonal) Step right forward. Close left beside right. Step right forward.	Right Shuffle	
Section 2	Jazz Box 1/4 Turn, Chasse, Back Rock		
1 – 2	Cross left over right. Step right back making 1/4 turn left.	Cross Quarter	Turning left
3 – 4	Step left to left side. Cross right over left.	Side Cross	Left
5 & 6	Step left to left side. Close right beside left. Step left to left side.	Side Close Side	
7 – 8	Rock back on right. Recover onto left.	Rock Back	On the spot
Section 3	Side Hold (With Bumps), & Side, Together, Side Rock, Behind Side Forward		
1 – 2	Step right to right side. Hold. (Bump hips left, right, left on 1 & 2 for styling).	Side Hold	Right
& 3 – 4	Step left beside right. Step right to right side. Step/stomp left beside right.	& Side Together	
5 – 6	Rock right to right side. Recover onto left.	Side Rock	On the spot
7 & 8	Cross right behind left. Step left to left side. Step right forward.	Behind Side Forward	Left
Section 4	Shimmy Forward, Back Rock/Flick, Step, Pivot 1/2, Full Turn		
1 – 2	Step left forward and lean forward, shimmying shoulders forward for 2 counts.	Shimmy	Forward
3 – 4	Rock back on right. Recover onto left, flicking right backwards.	Rock/Flick	On the spot
5 – 6	Step right forward. Pivot 1/2 turn left.	Step Pivot	Turning left
7 – 8	Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward.	Full Turn	
Option	Counts 7 - 8: Omit full turn and Walk forward - right, left.		
Ending	On count 32: 1/4 Turn, Step Forward		
1	Replace 1/2 turn on count 32 with 1/4 turn left to face front wall.		
2	On last count of the music step right forward (or slightly crossed).		

Choreographed by: Ria Vos (NL) October 2012

Choreographed to: 'Cameroon (Twisted Dee Radio)' by Bebe Zahara Benet from CD Cameroon; **FREE** download version by Glenn Rogers available from www.linedancermagazine.com for Linedancer subscribers (64 count intro, approx 31 secs)



A video clip of this dance is available at www.linedancermagazine.com