

Shang A Lang

32 Count, 4 Wall, Improver, ECS

Choreographer: Wodlei Guenther (Austria) Jan 2014

Choreographed to: Shang-A-Lang by The Bay City Rollers
(131 bpm), CD: Greatest Hits (iTunes)

Start dancing on lyrics

CHASSÉ, CROSS ROCK, RECOVER, CHASSÉ WITH TURN ¼ LEFT AND STEP TURN ¼ LEFT

- 1&2 Chassé side right-left-right
- 3-4 Cross/rock left over, recover to right
- 5&6 Chassé side left-right-left turning ¼ left
- 7-8 Step right forward, turn ¼ left (weight to left)

CROSS SHUFFLE, SIDE ROCK, BEHIND, SIDE, CROSS, SIDE ROCK

- 1&2 Crossing chassé right-left-right
- 3-4 Rock left side, recover to right
- 5&6 Behind-side-cross left-right-left
- 7-8 Rock right side, recover to left

CROSS, POINT SIDE, CROSS, POINT SIDE, ROCK FORWARD, RECOVER, COASTER STEP

- 1-2 Cross right over, touch left side
- 3-4 Cross left over, touch right side
- 5-6 Rock right forward, recover to left
- 7&8 Right coaster step

STEP TURN ¼ RIGHT AND CROSS SHUFFLE, TOE STRUT, CROSS TOE STRUT

- 1-2 Step left forward, turn ¼ right (weight to right)
- 3&4 Crossing chassé left-right-left
- 5-6 Step right toe side, lower right heel
- 7-8 Cross left toe over, lower left heel

TAG After wall 4

CHASSE, ROCK BACK, RECOVER, CHASSE, ROCK BACK, RECOVER, ROCKING CHAIR

- 1&2 Chassé side right-left-right
- 3-4 Rock left back, recover to right
- 5&6 Chassé side left-right-left
- 7-8 Rock right back, recover to left
- 9-10 Rock right forward, recover to left
- 11-12 Rock right back, recover to left

TAG After wall 9

ROCKING CHAIR

- 1-2 Rock right forward, recover to left
- 3-4 Rock right back, recover to left