
Remember to Vote for your favourite dances in the Linedancer Charts.

Intro This Dance has a long 64 count introduction you have the option of incorporating the following into this intro
1-32 Close hands together at chest height in a praying pose, (In Yoga this is called the pranamasana/namaste pose)
33-64 Dance counts 33-64 of the main dance

SEC 1 SIDE ROCK, RECOVER, TRIPLE STEP, SIDE ROCK, RECOVER, TRIPLE STEP

1-2 Rock RF to R side, Recover onto LF
3&4 Step RF in place, Step LF in place Step RF in place
5-6 Rock LF to L side, Recover onto RF
7&8 Step LF in place, Step RF in place Step LF in place

SEC 2 PIVOT ½ TURN, PIVOT ¼ TURN, STEP SIDE, CROSS, STEP SIDE, CROSS

1-2 Step fwd on RF, pivot ½ turn L (6:00)
3-4 Step fwd on RF Pivot ¼ turn L (Weight ends on LF) (3:00)
5-6 Step RF to R side, Cross LF over R
7-8 Step RF to R side, Cross LF over R

SEC 3 STEP BACK, STEP SIDE, STEP LOCK FORWARD, FORWARD COASTER STEP, WALKS BACK

1-2 Step back on RF, Step LF to L side
3&4 Step fwd on RF, Lock LF behind RF Step fwd on RF
5&6 Step fwd on LF, Close RF beside LF Step back on LF
7-8 Walk back on RF, Walk back on LF

SEC 4 COASTER STEP, DIAGONAL STEP WITH DIP, HEEL SWITCHES, PIVOT ½ TURN

1&2 Step back on RF, Close LF beside RF Step fwd on RF
3-4 Step LF to L diagonal while bending knees, Drag RF beside LF while straightening knees weight remains on LF
5&6& Tap R heel fwd, Step RF beside LF, Tap L heel fwd Step LF beside RF
7-8 Step fwd on RF, Pivot ½ turn L (9:00)

SEC 5 HALF TURN R WITH PALM UP, HALF TURN L WITH PALM UP,

1&2& Step RF ⅛ turn R, Close LF beside RF, Step RF ⅛ turn R, Close LF beside RF (12:00)
3&4 Step RF ⅛ turn R, Close LF beside RF, Step RF ⅛ turn R (3:00)
Arms 1-4 L hand on hip and R hand out to side at shoulder height with palm facing upwards,
5&6& Step LF ⅛ turn L, Close RF beside LF, Step LF ⅛ turn L, Close RF beside LF 12:00
7&8 Step LF ⅛ turn L, Close RF beside LF, Step LF ⅛ turn L (9:00)
Arms 1-4 R hand on hip and L hand out to side at shoulder height with palm facing upwards

Chameleon

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SEC 6 V-STEP WITH ARMS, MARCH ON SPOT AND ZIG ZAG HANDS

1-2 Step RF out to R diagonal while raising R hand, Step LF out to L diagonal while raising L hand 2

3 Step RF in while bringing R hand in and down to waist height with palm facing outward

4 Step LF beside RF while bringing L hand in and down to waist height with palm facing outward

5-6-7-8 March on the spot R,L,R,L

Arms Zig-zagging hands, palms facing outwards to the R,L,R,L, The hands will move higher with each zig-zag push

SEC 7 HALF TURN R WITH PALM UP, HALF TURN L WITH PALM UP,

1&2& Step RF 1/8 turn R, Close LF beside RF, Step RF 1/8 turn R, Close LF beside RF (12:00)

3&4 Step RF 1/8 turn R, Close LF beside RF, Step RF 1/8 turn R (3:00)

Arms 1-4 L hand on hip and R hand out to side at shoulder height with palm facing upwards,

5&6& Step LF 1/8 turn L, Close RF beside LF, Step LF 1/8 turn L, Close RF beside LF 12:00)

7&8 Step LF 1/8 turn L, Close RF beside LF, Step LF 1/8 turn L (9:00)

Arms 1-4 R hand on hip and L hand out to side at shoulder height with palm facing upwards

SEC 8 V-STEP WITH ARMS, MARCH ON SPOT AND ZIG ZAG HANDS

1-2 Step RF out to R diagonal while raising R hand, Step LF out to L diagonal while raising L hand 2

3 Step RF in while bringing R hand in and down to waist height with palm facing outward

4 Step LF beside RF while bringing L hand in and down to waist height with palm facing outward

5-6-7-8 March on the spot R,L,R,L

Arms Zig-zagging hands, palms facing outwards to the R,L,R,L, The hands will move higher with each zig-zag push

Ending During wall 9, dance up to count 30& and then add the following steps for a front wall finish,

SEC 2 WALK, CLOSE, ARMS INTO PRAYER POSE, CHAIR POSE

1-2 Step fwd on RF, Step LF beside RF

3-4 Raise arms out to side(3) and begin bringing them together at chest height

5-6 Bring hands back into the chest height prayer pose, Bend knees into a resting chair pose for a "namaste"

