

Shampoo

Count: 64 Wall: 3 Level: Intermediate

Choreographer: (Streamline Instructors) Laura Bartolomei (FR), Gregory Danvoie (BE), Hayley Wheatley (UK), Ivonne Verhagen (NL), Colin Ghys (BE), Jo Kinser (UK), Sobrielo Philip Gene (SG), Jonas Dahlgren (SW), John Kinser (USA), Bradley Mather (USA) (July 2020)

Music: Benjamin Ingrosso - Shampoo

(Music available on iTunes – 2:58 min – 103 BPM)

Intro: Start on the lyrics

[1-8] SIDE MAMBO, HEEL, TOGETHER, X2, SIDE, BEHIND, SHUFFLE 1/4 TURN

1&2& RF rock right 1), Recover on LF &), R heel fwd 2), RF step next to LF &
3&4& LF rock left 1), Recover on RF &), L heel fwd 2), LF step next to RF &
5-6 RF step side right 5), LF step behind RF 6)
7&8 RF step 1/4 turn right (3:00) 7), LF step next to RF &), RF step fwd 8)

[9-16] CROSS SAMBA X2, SAMBA DIAMOND 1/2 TURN LEFT, BEHIND, SIDE, CROSS

1&2 LF cross over RF 1), RF step side right &), 1/4 turn left and LF step fwd (1:30) 2)
3&4 RF cross over LF 3), LF step side left &), 1/4 turn right and RF step fwd (4:30) 4)
5&6& LF cross over RF 5), 1/8 turn RF step diagonally back &), LF step back 6), Hitch R knee (1:30) &
7&8 RF cross behind LF 7), 1/4 turn left and step LF left &), 1/8 RF cross over LF 8) (10:30)

[17-24] SIDE ROCK, RECOVER 1/8 TURN RIGHT, BEHIND SIDE CROSS, STEP 1/8 RIGHT, SWIVEL 1/4 TURN LEFT, COASTER STEP

1-2 LF rock side left 1), 1/8 turn right and recover on RF 2) (12:00)
(Hand movement: “Words shampoo or Shower” Right hand moves over your head from right to left side & Left hand moves up from the side up to your head).
3&4 LF step behind RF 3), RF step side right &), LF cross over RF 4)
5 RF step fwd diagonal right (1:30 weight on LF) 5)
6 Swivel both heels to right while swivelling body 1/4 turn left (10:30, shifting weight to RF) 6)
7&8 LF step back 7), RF step next to LF &), LF step fwd (10:30) 8)

[25-32] 1/8 TURN LEFT SAMBA WISK R, SAMBA WISK L, WALK FWD X2, 1/4 TURN HIP ROLL

1-2& 1/8 turn left and RF step side right 1), LF rock back 2), Recover onto RF &
3-4& LF step side left 3), RF rock back 4), Recover onto LF &
5-6 RF step fwd 5), LF step fwd (9:00) 6)
7-8 RF step fwd 7), 1/4 turn left rolling hips anti c/w (6:00) 8)

* RESTART HERE WALL 2 (9:00), AND WALL 5 (9:00)

[33-40] CROSS, SIDE, HIP, STEP X2 (BACHATA), CROSS, SIDE, CROSSING SHUFFLE

1&2& RF cross over LF 1), LF step side left 1/8 right &), Raise R hip touch R toe 2), Recover on RF &
3&4& LF cross over RF 3), RF step side right 1/8 left &), Raise L hip touch L toe 2), Recover on LF &
5-6 RF cross over LF 5), LF step side left 6)
7&8 RF cross over LF 7), LF step side left &) RF cross over LF 8)

[41-48] 1/4 TURN KNEE POP, LEAN R-L, WEIGHT RF, SIDE LEFT, TOGETHER, BODY ROLL UP - ARMS

&1,2 1/4 turn left LF step fwd &) (3:00), RF step side right 1), Pop R Knee in and Snap R Fingers 2)
3&4 Upper body lean right 3), Upper body lean left &), Transfer weight to RF 4)

Easy option: Elvis Knees LRL

5,6 LF step big step side left 5), RF step next to LF (6)
7,8 Body Roll Up, Both arms go from back up and fwd

* RESTART HERE WALL 4 (3:00)

[49-56] SYNCOPATED MAMBO 1/4 TURN LEFT, WALK FWD RL, POINT, 1/4 FLICK, CROSS

1&2& LF rock fwd 1), 1/8 turn left and recover on RF &), LF rock back 2), RF recover &
3&4 1/8 turn left LF rock fwd 3) (12:00), Recover on RF &), LF step back 4)
5-6 RF step fwd 5), LF step fwd 6)
&7 Point R toe fwd &), 1/4 turn left and Flick RF back (Palms together fwd and down) 7) (9:00)
8 Cross RF over LF

[57-64] SWEEP-CROSS, UNWIND 1/2 TURN, SIDE, TOGETHER, HANDS BRUSH, SHAMPOO UP/DOWN!

- 1-2 LF sweep fwd and cross over RF 1), Unwind 1/2 turn right weight on RF 2) (3:00)
3-4 LF step side left 3), RF step next to LF 4) (3:00)
5&6 Brush hands together as if lathering shampoo 5), Repeat &), Hold 6)
&7 Place R hand on right side of head &), Place L hand on left side of head 7)
8& Lather shampoo by moving R hand up and L hand down 8) Lather shampoo by moving L hand up and R hand down &)

LATHER, RINSE, AND REPEAT

****ENDING: finish with R hand beside Head, and L hand beside head "SHAMPOO" (12:00)**

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