

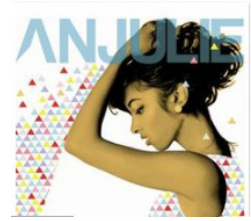
Jamba

Music: Jamba by Anjolie (Pop)

Available from: <http://www.mp3va.com/anjolie-anjolie-r34382>

Level: High Beginner

Choreographer: Karen Tripp, karen@trippcentral.ca (January 2014)



SEQUENCE: Wait 9, Intro, A, B, Chorus, Intro, A, B, Chorus, C, Chorus*, B, Ending

INTRO (8 beats)

(4) Triple Stomp Stomp Forward

(4) Triple Back

PART A (32 beats)

(8) 1 Rooster Run & Pushoff Left

(4) 2 Basics

(4) 2 Basketball turns

Repeat all with opposite footwork and direction

PART B (16 beats)

(8) 1 Samantha

(4) 2 Basic Kicks

(4) Swivel Heels L, R, L, R (styling tip: swivel heels and hips)

CHORUS (32 beats)

(4) 1 Catawba

(4) 2 Basics ¼ Left

(4) 2 Pigeon Lifts

(4) 2 Basics ¼ Left

Repeat all to face front

Repeat Intro [Triple Stomp Stomp, Triple Back]

Repeat Part A [Rooster Run & Pushoff Left, 2 Basics, 2 Basketball turns, **Repeat all!**]

Repeat Part B [1 Samantha, 2 Basic Kicks, Swivel Heels L, R, L, R]

Repeat Chorus [1 Catawba, 2 Basics ¼ Left, 2 Pigeon Lifts, 2 Basics ¼ Left, **Repeat all to face front!**]

PART C (36 beats)

(8) Cowboy ½ L

(4) Triple

(4) Shake it Off

Repeat all then add:

(4) Swivel Heels L, R, L, R

Repeat Chorus** [1 Catawba, 2 Basics ¼ Left, 2 Pigeon Lifts, 2 Basics (**no turn), *Repeat 3 more times*]

**** Make a box**

Repeat Part B [1 Samantha, 2 Basic Kicks, Swivel Heels L, R, L, R]

Ending

1 Samantha

2 Basic Kicks

Stomp

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Jamba, Choreographed by Karen Tripp, karen@trippcentral.ca

Step Breakdown

(4) 1 Triple Stomp Stomp	DS L &1	DS R &2	DS L &3	Sto R &	Sto L 4					
(4) 1 Triple	DS R &1	DS L &2	DS R &3	RS LR &4						
(4) 1 Rooster Run	DS L &1	DS(xif) R &2	R(ots) L &	S(xib) R 3	R(ots) L &	S(xif) R 4				
(4) 1 Pushoff Left	DS L &1	RS RL &2	RS RL &3	RS (moving left) RL &4						
(4) 1 Catawba	DT L &	Bo/H L/R 1	Bo/H L/R &	Bo/H R/L 2	Bo/H R/L &	Bo/H L/R 3	Bo/H R/L &	Lift/Sl L/R 4		
(4) 2 Basketball Turns	Ba(f) L	Pivot ½ rt R		Ba(f) L	Pivot ½ rt R					
(8) 1 Samantha	DS L &1	DS(xif) R &2	Dr R &	S(b) L 3	Dr L &	S(b) R 4	RS LR &5	DS L &6	DS R &7	RS LR &8
(4) 2 Basic Kicks	DS L &1	Kk R &	Lift R 2		DS R &3	Kk L &	Lift L 4			
(2) 1 Pigeon Lift	DT L &	Svl heels out both 1		svl heels in both &	Lift/Sl R/L 2					
(8) 1 Cowboy ½ Left	----- moving forward ----- DS L &1	DS R &2	DS L &3	BrUp(1/4L)/H R/L &4	DS(xif) R &5	RS LR &6	RS LR &7	RS LR &8	----- moving back -----	
(4) Shake it Off	Shake R leg (ots) R 1&2				S R &		Shake L leg (ots) L 3&4			

Legend

b	Back	H	Heel
Ba	Ball of foot	RS	Rock Step
Bo	Bounce	Sl	Slide
BrUp	Brush Up	Sto	Stomp with weight
Dr	Drag	Svl	Swivel
DS	Double Step	xif	Cross in front
KK	Kick	xib	Cross in back