

PAMPOEN

Choreographed to: "Pampoen" by Steve Hofmeyer - (Toeka 1 cd)

32 count - 4 wall linedance

Choreographed by: Karin v.d. Merwe, May 2004

Section 1

1 - 4 (Heel taps) Double RF heel tap forward and toe tap back

5 - 8 (Heel taps) Double LF heel tap forward and toe tap back

Section 2

1-2 Step forward on LF doing a $\frac{1}{4}$ turn left and point RF to right side

3-4 (Turning Jazz Box) Cross RF over LF, step back on LF doing a $\frac{1}{4}$ turn to the right

5&6 (1/2 Turning shuffle) Shuffle $\frac{1}{2}$ turn to right stepping forward on RF, bring LF toward RF and step forward on RF

7-8 (Forward Rock) Rock forward on LF, replace onto RF

Section 3

1&2 (LF Coaster step) (step back on LF, bring RF to LF and take LF forward

3-4 (hip bumps) Step forward onto RF and bump right hip out twice

5-6 (hip bumps) Step forward onto LF and bump left hip out twice

7-8 (Turning ~~Jazz Box~~ ^{the right}) Cross RF over LF, step back on LF doing $\frac{1}{4}$ turn to right.

Section 4

1-2 (Steps and shimmies) Step RF to right side, shimmy both shoulders at the same time.

3-4 Bring LF to RF and hold

5-6 (Steps and shimmies) Step LF to left side, shimmy both shoulders at the same time.

7-8 Bring RF to LF and hold

Tag: At the end of the ^{7th} wall do 2 shimmies to the right and 2 shimmies to the left and start the dance from the beginning again...
15th - 3 shimmies to R + L (cont)

Lekker sing, lekker lag en lekker dans.....