

# RAMA LAMA DING DONG

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**MUSIC:** "Rama Lama Ding Dong" by Rocky Sharpe & The Replays - CD: Looking For An Echo - Track #2  
**SEQUENCE:** Intro, A, B, C, B (1-8), D, Int, B (1-8), A (1-6), Ending **RELEASED:** May 2010  
**RHYTHM:** Jive **PHASE:** V (Soft) **FOOTWORK:** Described for Man - Woman opposite (or as noted)  
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## INTRO

### **1 - 4 WAIT 2 BEATS,, SIDE CROSS,; UNWIND TO FACE,, SIDE TRIPLE; ROCK & SIDE TRIPLE; ROCK & SIDE CROSS TO SEMI;**

Wait 2 beats on words "Rama Lam" M FCING ptr & WALL nothing touching with lead foot free for both,,  
{**Side Cross Unwind to Fc & Sd Triple**} On words "Ding Dong" sd L, XRIF of L; Maintaining wgt on balls of both feet on words "Rama Lam" unwind LF (RF), 1 full trn to end with wgt on R (L) and feet still crossed, on words "Ding Dong" sd chasse L/R, L to end OPEN FCING POS M FCING WALL nothing touching;  
{**Rk & Sd Triple**} X rk RIB of L, rec L, sd chasse R/L, R still fcng ptr nothing touching;  
{**Rk & Sd X to Semi**} X rk LIB of R, rec R, sd L, fwd & across R blend to SCP LOD;

## PART A

### **1 - 4 2 FWD TRIPLES; SWIVEL WALK 4; AMERICAN SPIN (BOTH SPIN); SHE GO HE GO,;;**

{**2 Fwd Triples**} Fwd chasse L/R, L, fwd chasse R/L, R in SCP LOD;  
{**Swvl Walk 4**} Swvl 1/8 RF on R fwd L, swvl 1/8 LF on L fwd R, swvl 1/8 RF on R fwd L, swvl 1/8 LF on L fwd R;  
{**American Spin Both Spin**} Swvl ¼ RF on R/sd in place chasse L/R, L spin LF (RF) 1 full trn on last step of triple release hand hold, re-join lead hands as chasse sd in place R/L, R to end LEFT OPEN FCING M FCING WALL;  
{**She Go He Go**} Rk apt L, rec R, trng ¼ RF sd chasse L/R, L on last step comm LF trn under joined lead hands; Cont LF trn sd chasse R/L, R completing ¾ LF trn under lead hands (rk apt R, rec L, trng ½ LF under joined lead hands R/L, R to fc ptr; sd in place chasse L/R, L) to end LEFT OPEN FCING M FCING COH,

### **5 - 8 CHANGE HANDS BEHIND BACK,;; ROCK RECOVER SIDE CLOSE; ROLL 4;**

{**Chg Hands Behind Bk**} Rk apt L, rec R; Placing R hand over W's R hand lead W to R sd releasing lead hand hold comm LF trn fwd chasse L/R, L, cont trng LF place W's R hand back into L hand behind back chasse R/L, R (rk apt R, rec L; comm RF trn fwd chasse R/L, R, cont RF trn chasse L/R, L) to end LEFT OPEN FCING M FCING WALL;  
{**Rk Rec Sd Cl**} Rk apt L, rec R, sd L, cl R to L to end lead hands joined at about shoulder level M FCING WALL;  
{**Roll 4**} Comm LF (RF) roll fwd L, fwd R cont LF roll, cont LF roll sd & fwd L, fwd & across R to SCP LOD;

## PART B

### **1 - 4 THROWAWAY; 2 KICK BALL CHANGES; CHANGE L TO R w/GLIDE TO THE SIDE TO SEMI,;;**

{**Throwaway**} Fwd chasse L/R, L leading W to fold in front, small fwd chasse R/L, R, (trng 3/8 LF sd & bk chasse R/L, R to CP DLW, cont LF trn releasing from CP bk chasse L/R, L) to end LEFT OPEN FCING M FCING LOD;  
{**2 Kick Ball Chgs**} Kick L fwd & sd/cl L on ball to R, cl R to L in place whole foot, kick L fwd & sd/cl L on ball to R, cl R to L in place whole foot;  
{**Chg L to R w/Glide To Semi**} Rk apt L, rec R, trng ¼ RF to fc WALL chasse L/R, L (rk apt R, rec L, trng LF under joined lead hands fwd chasse R/L, R); Sd R, lowering on R XLIF of R, sd R/L, sd R (cont LF trn sd L, lowering on L XRIF of L, sd L/R, L) trng slightly to blend to SCP LOD;

### **5 - 8 CHANGE R TO L TO HANDSHAKE,;; TRIPLE WHEEL 1 (LADY SPIN TO BFLY),;; MERENGUE 4;**

{**Chg R to L to Handshake**} Rk bk L, rec R trng RF to fc ptr & WALL, sd L/R, L comm trng LF leading W to turn RF under joined lead hands; Fc LOD sd in place R/L, R as W completes ¾ RF trn to end L OPEN FCING M FCING LOD,  
{**Triple Wheel 1 to Fc**} Rk apt L, rec R; Trng RF fwd & sd chasse L/R, L to touch W's bk w/L hand & w/R hand lead W to spin RF on last step of triple, in place triple R/L, R (apt R, rec L, trng LF fwd & sd chasse R/L, R extend L arm out to sd spinning RF 1 full trn on last step of triple; cont ½ RF trn chasse in place L/R, L) to end BFLY WALL;  
{**Merengue 4**} Sd L, cl R to L, sd L, cl R to L;  
**NOTE:** 3<sup>rd</sup> time through Part B measure 8 from BFLY POS M FCING WALL blend to SCP LOD to repeat Part A.

**PART B (CON'T)****9-12 WINDMILL;;, SPANISH ARMS;;; CHANGE L TO R TO HANDSHAKE (M FACE REVERSE);;;**

{Windmill} Rk apt L, rec R, while maintaining BFLY incline body slightly to L trng 3/8 LF fwd chasse L/R, L;

Return arms and body to normal cont LF trn sd chasse R/L, R to end BFLY COH,

{Spanish Arms} Rk apt L, rec R; Small fwd chasse L/R, L trng ¼ RF while raising lead hands to trn W under L to end behind W both fcng RLOD, keeping lead hands high small fwd chasse R/L, R making another ¼ RF trn (rk apt R, rec L; small fwd chasse trng ¼ LF to fc LOD R/L, then trn ½ RF on R, trng ¼ RF sd & bk chasse L/R, L) to end in LEFT OPEN FCING M FCING WALL;

{Chg L to R to Handshake Rev} Rk apt L, rec R, trng ¼ RF chasse L/R, L; Sd chasse R/L, R (rk apt R, rec L, trng LF under joined lead hands chasse R/L, R; cont trng LF sd chasse L/R, L) to end w/R handshake M FCING RLOD,

**13-16 TRIPLE WHEEL;;; (M FACE WALL); SYNCOPATED SIDE BREAKS;;**

{Triple Wheel} Rk apt L, rec R; Trng RF fwd & sd chasse L/R, L to touch W's bk w/L hand trng LF on last step of triple, cont slight LF trn fwd & sd chasse R/L, R extend L arm out to sd trng RF on last step of triple; Cont slight RF trn fwd & sd chasse L/R, L to touch W's bk w/L hand & w/R hand lead W to spin R on last step of triple, in place triple R/L, R (rk apt R, rec L; trng LF fwd & sd chasse R/L, R extend L arm out to sd trng RF on last step of triple, cont slight RF trn fwd & sd chasse L/R, L to touch M's bk w/L hand trng LF on last step of triple; Cont slight LF trn fwd & sd chasse R/L, R extend L arm out to sd spinning RF 1 full trn on last step of triple, cont ½ RF trn chasse in place L/R, L) to end OPEN FCING M FCING WALL nothing touching;

{Syncopated Side Breaks} Sd L/sd R, together L under L hip, cl R to L, sd L/sd R, together L under L hip/cl R to L to join lead hands in LEFT OPEN FCING M FCING WALL,

**NOTE:** This measure has an odd extra beat for a total of 5 beats and is timed &1 2 3 &4 &5.

**PART C****1 - 4 STOP & GO;; LINK TO WHIP TURN SEMI;;**

{Stop & Go} Rk apt L, rec R raising lead hands to trn W under LF fwd chasse L/R, L placing R hand on W's L shoulder blade w/lead hands now low to end in R sd by sd pos fcng WALL; Fwd R softening R knee slightly & look R bk at W, rec L raising lead hands to lead W to trn under RF, small bk in place chasse R/L, R (rk apt R, rec L comm LF trn, cont LF trn chasse R/L, R completing ½ LF trn under lead hands; rk bk L extending L arm straight up, rec R comm RF trn, cont RF trn chasse L/R, L completing ½ RF trn under lead hands) to end LEFT OPEN FCING M FCING WALL;

{Link to Whip Turn Semi} Rk apt L, rec R, small fwd chasse L/R, L completing 3/8 RF trn to CP fcng DRC, cont RF trn XRIB of L, cont RF trn sd L; Cont RF trn small sd in place chasse R/L, R (rk apt R, rec L, small fwd chasse R/L, R completing 3/8 RF trn to CP, cont RF trn fwd L, cont RF trn small fwd R between M's feet; cont RF trn sd chasse L/R, L) start to blend to SCP LOD,

**5 - 8 ROCK TO REVERSE WHIP (FACE WALL);; CLOSE POINT TWICE; OPEN VINE 4;**

{Reverse Whip} Rk bk L, rec R, fwd L/sd & slightly bk R, small fwd L heel opposite R toe to CP DLC; Sd & slightly fwd R trng LF, swvl LF on ball of L ending L heel opposite R toe fcng WALL, sd chasse R/L, R (rk bk R, rec L, trng LF sd chasse R/L, R; trng LF XLIB of R w/L toe opposite R heel, cont LF trn bk & slightly sd R, sd chasse L/R, L) to end CP FCING WALL;

{Cl Pt Twice} Cl L to R/pt R sd twd RLOD,-, cl R to L/pt L sd twd LOD,-; **NOTE:** Timing of this measure is &S &S.

{Open Vine 4} Sd L trng RF, bk R to L OPEN RLOD, pull lead hands back trng LF on R sd & fwd L, fwd & across R to SCP LOD;

**PART B (1-8)****PART D****1 - 4 SAND STEP;;; CROSS KICK SIDE KICK & VINE TRIPLE; DO IT AGAIN;**

{Sand Step} Swvl RF on R/tch L toe to R instep, swvl LF on R/tch L heel fwd, swvl RF XLIF of R/small sd R, XLIF of R; Swvl LF on L/tch R toe to L instep, swvl RF on L/tch R heel fwd, swvl LF XRIF of L/small sd L, XRIF of L;

{X Kick Sd Kick & Vine Triple Twice} Swvl RF on R/kick L fwd & across R twd RLOD, swvl LF on R/kick L sd twd LOD, XLIB of R/sd R, XLIF of R; Swvl LF on L/kick R fwd & across L twd LOD, swvl RF on L/kick R sd twd RLOD, XRIB of L/sd L, XRIF of L;

**PART D (CON'T)**

- 5 - 8 CHASSE ROLL 3 TRIPLES FC REV;,, ROCK & CHASSE ROLL 3 TRIPLES TO BFLY;,,, RK APT,;**  
 {Chasse Roll 3 Triples Fc Rev} Sd L/cl R to L, sd L trng ½ RF now bk to bk, sd R/cl L to R, sd R trng ½ RF to fc ptr;  
 Sd L/cl R to L, sd L trng 1/8 RF to LEFT ½ OPEN RLOD,  
 {Rk & Chasse Roll 3 Triples to BFLY Rk Apt} Rk bk R, rec L trng 1/8 LF to fc ptr; Sd R/cl L to R, sd R trng ½ LF  
 now bk to bk, sd L/cl R to L, sd L trng ½ LF to fc ptr; Sd R/cl L to R, sd R blending to BFLY WALL, rk apt L, rec R;

**INTERLUDE**

- 1 - 3 TRAVELING SAND STEP; UNWIND TO FACE,, SIDE TRIPLE; BEHIND SIDE THRU,,,,**

{Traveling Sand Step} On words "Rama Lam" swvl 1/8 RF on R/tch L toe to R instep, swvl ¼ LF on R/sd & fwd L,  
 on words "Ding Dong" swvl ¼ RF on L/place R heel diag fwd without wgt, swvl ¼ LF on L/XRIF of L;  
 {Unwind to Fc & Sd Triple} Maintaining wgt on balls of both feet on words "Rama Lam" unwind LF (RF), 1 full trn to  
 end with wgt on R (L) and feet still crossed, on words "Ding Ding Dong" sd chasse L/R, L to join lead hands to end  
 LEFT OPEN FCING M FCING WALL;  
 {Behind Sd Thru} Trng RF on L bk R to LEFT OPEN RLOD, pull lead hands back trng LF on R sd & fwd L, fwd &  
 across R to SCP LOD,  
**NOTE:** There are only 3 beats in this measure and we dance them like the last 3 steps of the Open Vine 4 in  
 Part C, but they can also be danced from BFLY POS as a simple cross behind, side, thru to SCP LOD.

**PART B (1-8)****PART A (1-6)****ENDING**

- 1 - 4 SLOW ROCK APT RECOVER; SIDE CLOSE; ROLL 2 TO; SIDE LUNGE w/ARMS;**

{Slow Rk Rec Sd Cl} **NOTE:** Music slows down and the rest of the steps and actions should be thought of as slows.  
 Rk apt L,-, rec R,-; Sd L,-, cl R to L to BFLY FCING WALL,-;  
 {Roll 2} Comm LF roll fwd L,-, fwd R cont LF roll,-;  
 {Sd Lunge w/Arms} Complete LF roll to fc ptr & WALL sd L LOD w/soft knee swaying R twd RLOD,-, extend arms  
 out to sides and hold,-;