

My Bahama Mama

Count: 64

Wand: 1

Ebene: Beginner

Choreograf/in: Katherine Lee (SG) - May 2020

Musik: Bahama Mama - Boney M.



Intro : 4x8 - No tag No Restarts

In view of Covid-19, most of us are unable to attend dance classes and due to space constraint at home, I like to introduce some of the 1 wall dances that I've created, hope you guys like it!

S1: Forward toe struts x 4

1234 RF touch toe forward, RF step down heel, LF touch toe forward, LF step down heel,
5678 RF touch toe forward, RF step down heel, LF touch toe forward, LF step down heel.

S2: Kick forward, step back X 4

1234 RF kick forward, RF step back, LF kick forward, LF step back,
5678 RF kick forward, RF step back, LF kick forward, LF step back.

S3: Out, Out, In, In, ¼ Right-turn Jazz box

12 RF step out diagonal R forward, LF step out diagonal L forward,
34 RF Step back to center, LF close,
5-8 RF cross over LF, LF step back make ¼ R-turn(3:00), RF side, LF forward.

S4: Same as Section 3 (3:00 > 6:00)

S5: Forward, pivot ½ L-turn, Side, touch behind, Rolling vine with touch

1234 RF Forward, pivot ½ L-turn (12:00), RF side, LF touch behind RF,
56 LF forward make ¼ L-turn (9:00), RF back make ½ L-turn (3:00),
78 LF side make ¼ L-turn (12:00), RF touch next to LF.
(easy option for rolling vine : LF side, RF cross behind LF, LF side)

S6: Same as Section 5 (12:00 > 6:00)

S7: Forward, pivot ½ Left turn, rocking chair, kick-ball-change

1234 RF forward, pivot 1/2L-turn (12:00), RF rock forward, LF recover,
567&8 RF rock back, LF recover, RF kick forward, RF ball, LF step forward.

S8: Walk forward, kick, Walk back, touch.

1234 RF forward, LF forward, RF forward, LF kick forward,
5678 LF back, RF back, LF back, RF touch next to LF.

Keep Active! Keep Dancing!

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