

The Bam-A-Shag

Count: 32

Wand: 2

Ebene: Improver

Choreograf/in: Gloria Johnson (USA) & Dusty Miller (USA)

Musik: Dancin', Shaggin' On the Boulevard - Alabama



FORWARD SHUFFLE, TRIPLE-STEP IN PLACE

1&2 Shuffle forward stepping on right, left, right
3&4 Triple-step in place stepping on left, right, left

CROSS-ROCK, TRIPLE-STEP IN PLACE

5-6 Rock step right over left; step left in place swinging right back over left
7&8 Triple-step in place stepping on right, left, right
9-10 Rock-step left over right; step right in place while swinging left back over right
11&12 Triple-step in place stepping on left, right, left

ROCKING ¼ TURN

13 Rock step right foot to right side (weight changes to right foot) pivoting ¼ turn left on ball of right foot
14 Step left foot in place
15 Rock step right foot to right side
16 Rock weight back onto left foot

SHUFFLE, ½ TURN

17&18 Shuffle forward on right, left, right
19-20 Step left foot forward; pivot ½ turn to the right

SHUFFLE, SHUFFLE

21&22 Shuffle forward on left, right, left
23&24 Shuffle forward on right, left, right

½ TURN, SHUFFLE

25-26 Step forward on left foot; pivot ½ turn to the right
27&28 Shuffle forward on left, right, left

ROCKING ¼ TURN

29 Rock step right foot to right side (weight changes to right foot)
& Pivot ¼ turn left on ball of right foot
30 Step left foot in place
31 Rock step right foot to right side
32 Rock weight back onto left foot

REPEAT
