

Bahama Mama

Count: 64

Wand: 4

Ebene: Improver

Choreograf/in: Roger Hwang (USA) - March 2008

Musik: Bahama Mama - Boney M. : (Rvsd)



Start on Vocals - Intro: 64 Counts, NO TAGS, No restarts

S1. Sway Hips L,R,L,R, L Shuffle Back, R Shuffle Back

1-4 Step left diagonal fwd with hip swaying L, R, L, R
5&6 Shuffle back on L-R-L
7&8 Shuffle back on R-L-R

S2. Rock Recover, Shuffle Fwd, Rock Recover, Rock Behind Recover

1-2 Rock back on left, recover on right
3&4 Shuffle fwd on L-R-L
5-8 Rock right to right, recover on left, rock right behind left, recover on left (with weight on L)

S3. Sway Hips R,L,R,L, R Shuffle Back, L Shuffle Back

1-4 Step right diagonal fwd with hip swaying R, L, R, L
5&6 Shuffle back on R-L-R
7&8 Shuffle back on L-R-L

S4. Rock Recover, R Shuffle Fwd, Rock Recover, Rock Behind Recover

1-2 Rock back on right, recover on left
3&4 Shuffle fwd on R-L-R
5-8 Rock left to left, recover on right, rock left behind right, recover on right (with weight on R)

S5. Lindy Left, Lindy Right

1&2 Step left to left, step right next to left, step left to left
3-4 Rock back on right, recover on left
5&6 Step right to right, step left next to right, step right to right
7-8 Rock back on left, recover on right

S6. L Shuffle fwd, R Shuffle fwd, Step fwd, ½ Pivot turn R, L Shuffle fwd

1&2 Shuffle fwd on L-R-L
3&4 Shuffle fwd on R-L-R
5-6 Step left forward, ½ pivot turn right (6:00)
7&8 Shuffle fwd on L-R-L

S7. Sway Hip R L, Coaster Step, Sway Hip L R, Coaster Step

1-2 Step right diagonal fwd with hip swaying R L
3&4 Step back on right, step left next to right, step right fwd
5-6 Step right diagonal fwd with hip swaying L R
7&8 Step back on left, step right next to left, step left fwd

S8. Roll Hips Round Clockwise Twice, Coaster Step, Step, Turn ¼ Right

1-4 Step right fwd rolling hips round clockwise twice
5&6 Step back on right, step left next to right, step right fwd
7-8 Step left fwd, make a ¼ turn right, (with weight on right) (9:00)

Repeat and Happy Dancing!

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