

SF Bahama

Compte: 164

Mur: 1

Niveau: Phrased Low Improver

Chorégraphe: YoungSoon Song (KOR), Hyun Ah Lee (KOR), Hee Sun Lee (KOR) & SoYeun Choi (KOR) - May 2020

Musique: Bahama Mama - Boney M. : (ZDF Disco 21.1.1980 - VOD)



#164counts (A96, B12, B'8, C48),
Sequence : A - B - A - C - A - B' - A

[A]

S1: HEEL, TOE, SIDE DRAG, HEEL, TOE, SIDE DRAG

1-2 RF Heel Touch Forward(1), RF Toe Touch Backwards(2)
3-4 RF Side Drag R(3-4)
5-6 LF Heel Touch Forward(5), LF Toe Touch Backwards(6)
7-8 LF Side Drag L(7-8)

S2: HEEL TOE, SIDE DRAG, HEEL, TOE, SIDE DRAG

1-2 RF Heel Touch Forward(1), RF Toe Touch Backwards(2)
3-4 RF Side Drag R(3-4)
5-6 LF Heel Touch Forward(5), LF Toe Touch Backwards(6)
7-8 LF Side Drag L(7-8)

S3: 1/2 MONTEREY TURN R 2X

1-2 RF Touch R(1), RF Step Together 1/2 Turn R(6:00)(2)
3-4 LF Touch L(3), LF Step Together(4)
5-6 RF Touch R(5), RF Step Together 1/2 Turn R(12:00)(6)
7-8 LF Touch L(7), LF Step Together(8)

S4: CHARLESTON STEP, INSIDE HEEL SWIVEL 4X

1-2 RF Toe Touch Forward, RF Step Together
3-4 LF Toe Touch Backwards, LF Step Together
5&6& RF Touch Forward(5), RF Heel Out(&), RF In(6), RF Out(&)
7&8 RF In(7), RF Out(&), RF In(8)

(*5-8counts : Hold your arms up and shake them in the same direction)

S5: KICK 2X, SAILOR STEP, KICK 2X, SAILOR STEP

1-2 RF Cross Over Kick(1), RF Kick Right Side(2)
3&4 RF Cross Backwards(3), LF Step Together(&), RF Step R(4)
5-6 LF Cross Over Kick(5), LF Kick Left Side(6)
7&8 LF Cross Backwards(7), RF Step Together(&), LF Step L(8)

S6: JAZZBOX CROSS, BACK DRAG, BALL CHANGE

1-2 RF Cross Over(1), LF Step Backwards(2)
3-4 RF Step R(3), LF Cross Over(4)
5-6 RF Big Drag Backwards(5), Hold(6)
7&8 Hold(7), LF Step Together(&), RF Step Forward(8)

S7: 1/4 PIVOT R 2X, CROSS ROCK STEP, SIDE DRAG, BALL CROSS

1-2 LF Forward(1), 1/4 Turn R with Hip Roll L to R(3:00)(2)
3-4 LF Forward(3), 1/4 Turn R with Hip Roll L to R(6:00)(4)
5-6 LF Cross Rock(5), RF Recover(6)
7 LF Drag L side(7)
8&1 Hold(8), RF Ball(&), LF Cross Over(1)

S8: VINE STEP, 1/4 TURN R 2X, SIDE DRAG, HOLD, BALL CROSS

- 2 RF Step R(2)
 3-4 LF Cross Behind(3), RF 1/4 Turn R(9:00)(4)
 5-6 LF 1/4 Turn R(12:00)(5), Hold(6)
 7&8 Hold(7), RF Ball(&), LF Cross Over(8)

S9: INSIDE SWIVEL WALKING 4X, 1/2 STEP TURN L 2X

- 1-2 RF Toe Inside Walk(Weight RF)(1), LF Toe Inside Walk(Weight LF)(2)
 3-4 RF Toe Inside Walk(Weight RF)(3), LF Toe Inside Walk(Weight LF)(4)
 5-6 RF Step Forward(5), LF 1/2 Turn L(6:00)(6)
 7-8 RF Step Forward(7), LF 1/2 Turn L(12:00)(8)

S10: SWAY 2X, CHASSE, SWAY 2X, CHASSE

- 1-2 RF Step R with Sway Arm and Hips to R(1), LF Step L with Sway Arm and Hips to L(2)
 3&4 RF Step R(3), LF Step Together(&), RF Step R(4)
(3&4 Foot motion with Sway Hips to R and Arm make Circle R on the front)
 5-6 LF Step L with Sway Arms and Hips to L(5), RF Step R with Sway Arms and Hips to R(6)
 7&8 LF Step L(7), RF Step Together(&), LF Step L(8)
(7&8 Foot motion with Sway Hips to L and Arm make Circle L on the front)

S11: INSIDE SWIVEL WALKING 4X, 1/2 STEP TURN L 2X

- 1-2 RF Toe Inside Walk(Weight RF)(1), LF Toe Inside Walk(Weight LF)(2)
 3-4 RF Toe Inside Walk(Weight RF)(3), LF Toe Inside Walk(Weight LF)(4)
 5-6 RF Step Forward(5), LF 1/2 Turn L(6:00)(6)
 7-8 RF Step Forward(7), LF 1/2 Turn L(12:00)(8)

S12: SWAY 2X, CHASSE, SWAY 2X, CHASSE

- 1-2 RF Step R with Sway Arm and Hips to R(1), LF Step L with Sway Arm and Hips to L(2)
 3&4 RF Step R(3), LF Step Together(&), RF Step R(4)
(3&4 Foot motion with Sway Hips to R and Arm make Circle R on the front)
 5-6 LF Step L with Sway Arms and Hips to L(5), RF Step R with Sway Arms and Hips to R(6)
 7&8 LF Step L(7), RF Step Together(&), LF Step L(8)
(7&8 Foot motion with Sway Hips to L and Arm make Circle L on the front)

[B]**S13: 1/4 PADDLE TURN, 1/2 PADDLE TURN**

- 1-2 RF Touch Side(3:00)(1), RF Touch 1/8 Turn L(1:30)(2)
 3-4 RF Touch 1/8 Turn L(12:00)(3), RF 1/4 Turn Step Together(9:00)(4)
 5-6 LF Touch Side(9:00)(5), LF Touch 1/8 Turn R(10:30)(6)
 7-8 LF Touch 1/8 Turn R(12:00)(7), LF 1/4 Turn Step Together(3:00)(8)

S14: 1 PADDLE TURN with 4 Counts

- 1-2 RF Touch 1/4 Turn L(12:00)(1), RF Touch 1/4 Turn L(9:00)(2)
 3-4 RF Touch 1/4 Turn L(6:00)(3), RF 1/2 Turn L Step Together(12:00)(4)

[C]**S15: HEEL SWIVEL 8X**

- 1&2& RF Heel Touch Forward(1), RF Out(&), RF In(2), RF Out(&)
 3&4& RF In(3), RF Out(&), RF In(4), RF Out(&)
 5&6& RF In(5), RF Out(&), RF In(6), RF Out(&)
 7&8& RF In(7), RF Out(&), RF In(8), RF Out(&)

S16: 1/4 TURN L, STEP RUN IN PLACE

- & LF 1/4 Turn L and LF Slip Backwards with RF Hitch(3:00)(&)
 1&2& RF Step Forward(1), RF Slip Backwards with LF Hitch(&), LF Step Forwards(2), LF Slip Backwards with RF Hitch(&)

- 3&4& RF Step Forward(3), RF Slip Backwards with LF Hitch(&), LF Step Forward(4),LF Slip Backwards with RF Hitch(&)
- 5&6& RF Step Forward(5), RF Slip Backwards with LF Hitch(&), LF Step Forward(6),LF Slip Backwards with RF Hitch(&)
- 7&8& RF Step Forward(7), RF Slip Backwards with LF Hitch(&), LF Step Forward(8),LF Slip Backwards with RF Hitch(&)

S17: 1/4 TURN R, HEEL SWIVEL 8X

- 1&2& RF Heel Touch Forward(1), RF Out(&), RF In(2), RF Out(&)
- 3&4& RF In(3), RF Out(&), RF In(4), RF Out(&)
- 5&6& RF In(5), RF Out(&), RF In(6), RF Out(&)
- 7&8& RF In(7), RF Out(&), RF In(8), RF Out(&)

S18: 1/4 TURN L, STEP RUN IN PLACE

- & LF 1/4 Turn L and LF Slip Backwards with RF Hitch(3:00)(&)
- 1&2& RF Step Forward(1), RF Slip Backwards with LF Hitch(&), LF Step Forwards(2), LF Slip Backwards with RF Hitch(&)
- 3&4& RF Step Forward(3), RF Slip Backwards with LF Hitch(&), LF Step Forward(4),LF Slip Backwards with RF Hitch(&)
- 5&6& RF Step Forward(5), RF Slip Backwards with LF Hitch(&), LF Step Forward(6),LF Slip Backwards with RF Hitch(&)
- 7&8& RF Step Forward(7), RF Slip Backwards with LF Hitch(&), LF Step Forward(8),LF Slip Backwards with RF Hitch(&)

S19: 1/4 PIVOT TURN L WITH HIP ROLL 3X, TOGETHER

- 1-2 RF Step Forward(1), LF 1/4 Turn L with Hip Roll(6:00)(2)
- 3-4 RF Step Forward(3), LF 1/4 Turn L with Hip Roll(3:00)(4)
- 5-6 RF Step Forward(5), LF 1/4 Turn L with Hip Roll(12:00)(6)
- 7-8 RF Step Together with Slap Hips(7-8)

S20: 1/4 PIVOT TURN 2X, 1/2 PIVOT TURN, TOGETHER

- 1-2 LF Step Forward(1), RF 1/4 Turn R with Hip Roll(3:00)(2)
- 3-4 LF Step Forward(3), RF 1/4 Turn R with Hip Roll(6:00)(4)
- 5-6 LF Step Forward(5), RF 1/2 Turn R with Hip Roll(12:00)(6)
- 7-8 LF Step Together with Slap Hips(7-8)

[B]

S21: 1/4 PADDLE TURN 2X

- 1-2 RF Touch R(1), RF Touch 1/8 Turn L(1:30)(2)
 - 3-4 RF Touch 1/8 Touch L(12:00)(3), RF 1/4 Turn L Step Together(3:00)(4)
 - 5-6 LF Touch L(6:00)(5), LF Touch 1/8 Turn R(7:30)(6)
 - 7-8 LF Touch 1/8 Turn L(9:00)(7), LF 1/4 Turn L Step Together(12:00)(8)
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