

The Bahama Mama

Compte: 40

Mur: 4

Niveau: Improver

Chorégraphe: The Bahama Mama (BHS) & The Le' Chic Dancers (BHS)

Musique: Stagger Lee - Geno D.



RIGHT & LEFT HAND JABS

With arms at sides, forearm bent upwards, hands bent outwards from body towards side wall, palms down, parallel with floor

- 1-2 Extend right hand out and back from body twice
- 3-4 Extend left hand out and back from body twice
- 5-6 Repeat out and back with right hand, palms up
- 7-8 Repeat out and back with left hand, palms up

Lower arm/hand that is not being jabbed outward

HITCH HIKING & HAND ROLLS

- 9-10 Hitch-hike over right shoulder with right hand twice
- 11-12 Hitch-hike over left shoulder with left hand twice

Bending over forward

- 13-14 Roll hands over one another to the right on right side
- 15-16 Roll hands over one another to the right on left side

HANDS AND ELBOWS TO FRONT THIGHS

Bending over forward

- 17 Slap left leg with right hand
- 18 Slap right leg with left hand
- 19 Touch bent right elbow to left leg
- 20 Touch bent left elbow to right leg

SQUATTING FLOOR TOUCHES

Squatting to the floor

- 21 Touch floor in front with right hand
- 22 Touch floor in back with left hand
- 23 Touch floor in front with right hand
- 24 Stand and clap

Optional: extend palms downward with knees bent - front, back, front-instead of touching the floor

HAND ROLLS - RIGHT, CENTER, LEFT, CENTER

Bending over forward

- 25-26 Roll hands over one another to the right on right
- 27-28 Roll hands over one another in front
- 29-30 Roll hands over one another on left
- 31-32 Roll hands over one another in front

FRONT & BACK POCKET SLAPS, FORWARD WALK WITH ¼ LEFT TURN & CLAP

- 33 Slap right front pocket with right hand
- 34 Slap left front pocket with left hand
- 35 Slap right rear pocket with right hand
- 36 Slap left rear pocket with left hand
- 37 Walk forward on right foot
- 38 Walk forward on left foot
- 39 Walk forward on right foot, turning ¼ left
- 40 Clap hands with feet together

REPEAT
