

Bam-Ba-Lam

拍数: 32 墙数: 4 级数: Improver
编舞者: Mike Hitchen (UK) - March 2020
音乐: Get Ready (feat. Blake Shelton & Joe Perry) - Pitbull : (Amazon, iTunes)



#32 Count Intro – 2 Restarts

Section 1: Step out out, Coaster Step, Rock Step, Shuffle ½ Turn Left.

1-2 Step right out, Step left out.
3&4 Step right Back, Step left together, Step right forward.
5-6 Rock left forward, Recover to right.
7&8 Step left ¼ turn left, Step right together, Step left ¼ turn left. 6:00

Section 2: Cross 1/4 Turn, Coaster Step, Rock Step, Shuffle ½ Turn Left.

1-2 Cross right over left, ¼ turn right Stepping left back. 9:00
3&4 Step right Back, Step left together, Step right forward.
5-6 Rock left forward, Recover to right.
7&8 Step left ¼ turn left, Step right together, Step left ¼ turn left. 3:00
2 Restarts Here Walls 3 & 6

Section 3: Cross Side, Behind & heel. Cross Side, Sailor ½ Turn Left.

1-2 Cross right over left, Step left to side.
3&4 Step right behind left, Step left to side, Touch right heel diagonal forward. &5-6 Step right in place, Cross left over right, Step right to side.
7&8 Cross left behind right while turning ½ turn left, Step on right, Step left forward. 9:00

Section 4: Step Lock, Step Lock Step, Rock Step, Triple Full Turn Left.

1-2 Step right forward, lock left behind right.
3&4 Step right forward, Lock left behind right, Step right forward.
5-6 Rock left forward, Recover to right.
7&8 Full triple turn left on LRL.

Restart Wall 3 facing 6:00

Restart wall 6 facing 3:00

Happy Dancing mike.hitchen777@gmail.com