

Bad Mama Jama

拍数: 64 墙数: 4 级数: Easy Intermediate
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音乐: She's a Bad Mama Jama (She's Built, She's Stacked) (Edit) - Carl Carlton



#48 Count Intro

[1-8] Right Kick Ball Cross, Side Rock, Step Behind ¼ Left, Left Toe Strut

1&2 Kick right foot forward. Step down onto right. Step left across in front of right.
3-4 Rock right to right side. Recover weight onto left.
5&6 Step right behind left. Turning ¼ turn left, step forward on left. Step forward on right.
7-8 Touch left toe forward. Step down onto left heel.

[9-16] Right Toe Strut, ½ Turn Left making Left Lock Forward, Right Lock Step, Left Lock Step, Step

1-2 Touch right toe forward. Step down onto right heel.
3&4 Making ½ turn left, step forward onto left, lock right behind left, step forward onto left.
5&6 Step forward on right. Lock left foot behind right. Step forward on right.
&7&8 Step forward on left. Lock right foot behind left. Step forward on left. Step forward on right.

[17-24] Left Kick Ball Step, Ball Step, Step Forward, Touch Right, Right Heel Fan, Right Hitch Ball Change

1&2 Kick left foot forward. Step down onto left. Step right foot forward.
&3-4 Step down onto left. Step right foot forward. Step left foot forward.
5&6 Touch right toe forward. Fan right heel out to right side. Fan right back in place.
7&8 Hitch right knee. Step back onto ball of right. Step onto left.

[25-32] Right Cross Samba, Left Cross Samba, Jazz Box with ¼ Turn Right

1&2 Cross right over left. Rock left to left side. Recover weight onto right.
3&4 Cross left over right. Rock right to right side. Recover weight onto left.
5-6 Step right across in front of left. Step back on left.
7-8 Turning ¼ turn right, step right to right side. Step forward on left.

[33-40] Step Forward Right, Pivot ½ Turn Left, Right Shuffle, Step left Forward, Swivel Heels L,R, Hick Ball Point

1-2 Step forward on right foot. Pivot ½ turn left.
3&4 Step forward on right. Step left beside right. Step forward on right.
5&6 Step forward on left. Twist both heels to the left. Twist both heels back in place, keeping weight on right foot.
7&8 Kick left foot forward. Step left in place. Touch right toe out to right side.

[41-48] Walk Right, Left, Right Shuffle (In a Half Moon Left), Forward & Side & Coaster Step

1-2 Step forward on right, turning 1/8 turn left. Step forward on left, turning 1/8 turn left.
3&4 Turning ¼ turn left, step forward on right, step left beside right, step forward on right.
5&6 Rock forward onto left. Recover weight onto right. Rock left out to left side.
&7&8 Recover weight onto right. Step back onto left. Step right beside left. Step forward onto left.

[49-56] Out, Out, Right Lock Back, Turning Toe Struts (Half Turn, Quarter Turn)

1-2 Step out slightly forward on right. Step out slightly forward on left.
3&4 Step back on right. Step back on left over right. Step back on right.
5-6 Turning ½ turn left, step forward on left toe and drop the heel.
7-8 Turning ¼ turn left, step right to right side on right toe and drop the heel.

[57-64] Rock Back, Left Chasse, Right Jazz Box

- 1-2 Rock back on left behind right. Recover weight onto right
- 3&4 Step left to left. Step right beside left. Step left to left side.
- 5-8 Step right over in front of left. Step back on left. Step back on right. Step left across in front of right.

Start Again

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