

# Bad Mama Jama

COPPER KNOB  
STEPSHEETS

拍数: 64      墙数: 4      级数: Easy Intermediate  
编舞者: Karen Anderson-Morris (UK) & Robert Lindsay (UK) - March 2020  
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**

**Email: [robertmlindsay@hotmail.com](mailto:robertmlindsay@hotmail.com)**

---