

Wam Bam-A-Lam

拍数: 0 墙数: 2 级数: Intermediate
编舞者: Connie van den Bos (NL)
音乐: Wig Wam Bam - The Deans



Sequence: A, B, A, B, A, B, A, B, B, B

PART A

RUN (RIGHT, LEFT), ROCK STEP, TRIPLE TURN ½ RIGHT, ROCK STEP

1-2 Step forward on right, step forward on left
3-4 Rock forward on right, recover weight on left
5&6 Turn ¼ right, step right to right side, close left beside right, turn ¼ right, step right forward
7-8 Rock forward on left, recover weight on right

Advanced option counts 1-8

FULL TURN LEFT, ROCK STEP, TRIPLE TURN ½ RIGHT, ROCK STEP

1-2 On ball of left turn ½ left and step back on right on ball of right turn ½ left and step forward on left
3-4 Rock forward on right, recover weight on left
5&6 Turn ¼ right, step right to right side, close left beside right, turn ¼ right, step right forward
7-8 Rock forward on left, shift weight on right

BACK RUN, BACK ROCK, TRIPLE TURN ½ RIGHT, BACK ROCK

1-2 Step back on left, step back on right
3-4 Rock back on left, recover weight on right
5&6 Turn ¼ right, step left to left side, close right beside left, turn ¼ right, step left back
7-8 Rock back on right, recover weight on left

Advanced option counts 9-16

FULL TURN LEFT, BACK ROCK, TRIPLE TURN ½ RIGHT, BACK ROCK

1-2 On ball of right turn ½ left and step forward on left, on ball of left turn ½ left and step back on right
3-4 Rock back on left, recover weight on right
5&6 Turn ¼ right, step left to left side, close right beside left, turn ¼ right, step left back
7-8 Rock back on right, recover weight on left

POINT, CROSS, POINT, CROSS, ROCK STEP, ¼ TURN RIGHT, CHASSE

1-2 Point right toe to right side, cross step right over left
3-4 Point left toe to left side, cross step left over right
5-6 Rock forward on right, recover weight on left
7&8 Turn ¼ right, step right to right side, close left beside right, step right to right side

PIVOT TURN ½, TOE STRUT, PIVOT TURN ¼, SYNC. WEAVE

1-2 Step forward on left, turn ½ right shifting weight to right
3-4 Step forward on left toe, step left heel down
5-6 Step forward on right, turn ¼ left shifting weight to left
7&8 Step right across left, step left to left side, step right behind left

SIDE ROCK WITH ¼ TURN RIGHT, KICK-BALL-TOUCH, ELECTRIC ROCK

1-2 Rock left to left side, turn ¼ right shifting weight to right
3&4 Kick left, step left beside right, touch right beside left
5-6 Rock right forward, recover weight back to left
7-8 Rock right back, recover weight back to left

PART B

SYNC. UP AND DOWN HIP BUMPS, ROCK STEP, TRIPLE TURN ½ LEFT

- 1& Step forward on right toe as you bump your right hip forward up, bump hip back
- 2& Bump your right hip forward down, bump hip back (your hips draw a letter 'C' in the air)
- 3&4 Bump your right hip forward up, bump hip back, bump your right hip forward down and step right heel down
- 5-6 Rock forward on left, recover weight on right
- 7&8 Turn ¼ left, step left to left side, close right beside left, turn ¼ left, step left forward

HEEL SWITCHES, CLAP, SAILOR STEPS

- 1&2 Touch right heel forward, close right beside left, touch left heel forward
- &3-4 Close left beside right, touch right heel forward, clap
- 5&6 Step right behind left, step left to left side, step right back in place
- 7&8 Step left behind right, step right to right side, step left back in place

SYNC. UP AND DOWN HIP BUMPS, ROCK STEP, TRIPLE TURN ½ LEFT

- 1& Step forward on right toe as you bump your right hip forward up, bump hip back
- 2& Bump your right hip forward down, bump hip back (your hips draw a letter 'C' in the air)
- 3&4 Bump your right hip forward up, bump hip back, bump your right hip forward down and step right heel down
- 5-6 Rock forward on left, recover weight on right
- 7&8 Turn ¼ left, step left to left side, close right beside left, turn ¼ left, step left forward

SYNC. JUMP, CLAP, SYNC. JUMP BACK, CLAP, OUT, OUT, IN, IN, HEEL BOUNCES

- &1-2 Jump right forward, jump left forward, clap
- &3-4 Jump right back, jump left back, clap
- &5&6 Small step right to right, small step left to left, step right in place, step left in place
- &7&8 Bounce heels up and down, bounce heels up and down

SIDE ROCK WITH TURN ¼ LEFT, SHUFFLE, ROCK STEP, COASTER STEP

- 1-2 Rock right to right side, turn ¼ left shifting weight back to left
- 3&4 Step right forward, close left to right, step right forward
- 5-6 Rock left forward, recover weight on right
- 7&8 Step left back, close right beside left, step left forward

Dance part a to 12:00 and 6:00 (front & back wall) dance part b to 9:00 and 3:00 (left en right wall) for the end of the dance you do 3 times the B part to 3:00, 12:00 and 9:00 you end at 6:00 (back wall)
