

# Bad Mama Jama

拍数: 64      墙数: 0      级数:  
编舞者: Rose Grant (CAN)  
音乐: She's a Bad Mama Jama - Carl Carlton



## INTRO

### APPLEJACKS STARTS ON 33RD BEAT

1-4            Two left applejacks, two right applejacks  
5-8            Two left applejacks, one right applejack, one left applejack  
9-12          Two right applejacks, two left applejacks  
13-16        Two right applejacks, one left applejack, one right applejack

## THE MAIN DANCE

### KICK-PULL TOUCHES

1-2            Touch right heel forward, step right together with left  
3&4          Kick left foot forward, pull left foot back, touch left beside right  
5-6            Touch left heel forward, step left together with right  
7&8          Kick right foot forward, pull right foot back, touch right beside left  
9-16         Repeat steps 1-8

### SWAYS

17-18        Sway forward on right on a 45 degree angle, sway back on left (weight on left)  
19-20        Sway back on right on a 45 degree angle, sway forward on left (weight on left)  
21-22        Sway forward on right on a 45 degree angle, sway back on left (weight on left)  
23-24        Sway back on right on a 45 degree angle, sway forward on left (weight on left)

### SWIVEL-TOUCHES: (SYNCOPATED STEPS)

#### NOTE: Left & right movements are synchronized (working together)

25-28        Left foot: traveling left: swivel left heel-toe, heel-toe, heel-toe, heel  
              Right foot: touch right toe to the floor on left heel swivels, hitch right knee on toe swivels for 3  
              beats (touch right behind left for 4th beat )

### HI-JACKS

#### NOTE: Left & right movements are synchronized (working together)

29-36        Left foot: 8 swivels in place; left, right, left, right, left, right, left, right  
              Right foot: 2 touches forward, 2 touches back, 1 touch forward, 1 touch back, 1 touch side,  
              cross right over left (weight on it)  
37-48        Repeat 25-36 for the right

### MONTEREY TURNS

49-50        Kick right leg to the side, cross over left (weight on it)  
51-52        Touch left toe to the left side, 1/2 turn left and step on left  
53-56        Repeat steps 49-52

### HIP ROLLS (1/8 TURNS)

57-58        Step forward on right, roll hips while turning 1/8 turn to the left  
59-60        Step forward on right, roll hips while turning 1/8 turn to the left  
61-62        Step forward on right, step left a cross right (weight on left)  
63-64        Long step back on the right, step left beside right & clap.

### REPEAT

