

Bahama Mama

拍数: 50 墙数: 2 级数: Beginner
编舞者: Totoy Pinoy (USA) - October 2011
音乐: Bahama Mama - Boney M.



Start dancing on lyrics.

SWAYS, BACK SHUFFLE, BACK ROCK FORWARD SHUFFLE

1-4 Step L forward, body turned diagonally right, and sway left, right, left, right
5&6 Shuffle back L,R,L squaring up front
7-8 Rock R back, recover to L
9&10 Shuffle forward R,L,R

SWAYS, BACK SHUFFLE, BACK ROCK

1-4 Step L forward, body turned diagonally right, and sway left, right, left, right
5&6 Shuffle back L,R,L squaring up front
7-8 Rock R back, recover to L

TRIPLE IN PLACE, BACK ROCK, TRIPLE IN PLACE, BACK ROCK

1&2 Body squared up front, shuffle in place R,L,R
3-4 Body turned diagonally left, rock L back, recover to R
5&6 Body square up front, shuffle in place L,R,L
7-8 Body turned diagonally right, rock R back, recover to L

9-16 Repeat 1-8 of previous section

FORWARD SHUFFLES, STEP-TURN

1&2 Shuffle forward R,L,R
3&4 Shuffle forward L,R,L
5&6 Shuffle forward R,L,R
7-8 Step L forward, turn 1/2 right (weight to R)

FORWARD SHUFFLES

1&2 Shuffle forward L,R,L
3&4 Shuffle forward R,L,R
5&6 Shuffle forward L,R,L
7&8 Shuffle forward R,L,R

REPEAT
