

Bad Mama Jama

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Easy Intermediate
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音乐: She's a Bad Mama Jama - Carl Carlton



Start after about 22 seconds

[1-8] R Cross Step Cross Shuffle, L Side Rock , Cross Shuffle

1-2 Cross step R over L, Step L Together
3&4 Cross step R over L, step L together, step R Cross
5-6 Rock L To the Left side , recover weight on R
7&8 Cross step L over R, step R together, step L Cross

[9-16] Walk Backx3(R-L-R), L Heel Down Forward, L Step Forward, R together, L Step, R Touch

9-11 Step R Back, step L Back, step L Back
12-13 L Heel Down Forward, L Step
14 R Step next to L
15-16 L Step Forward, R Touch next to L

[17-24] Point to right side, Touch next to L, Point, Hitch, Jazz Box Turn 1/4 to the right

17-18 R Touch To The Right side , R Touch next to L
19-20 R Touch To The Right side, Hitch R knee up
21-24 Step R across L, Step L back, Turn R 1/4 Step R Forward , Touch L next to R

[25-32] L Kick Ball Out Step, Touch Back Turn 1/2 to Left, Out Step R- L, Bounce

25&26 L Kick , Step down on ball of L. R out Step
27-28 Back Turn 1/2 to the left (weight on L)
29-30 Out Step (R-L)
31-32 Bounce heels (Up-Down)
