

# Baamulaiza

拍数: 32      墙数: 4      级数: Beginner / Improver  
编舞者: Vivienne Scott (CAN) - September 2012  
音乐: Baamulaiza (Ragga Mix Version) - Pritam, Dominique Cerejo & Style Bhai :  
(Album: De Dana Da)



**Intro: 64 counts, start on the female voice.**

## Section 1: SIDE ROCK, BEHIND, SIDE, CROSS x2

1-2            Rock right to right side, recover onto left  
3&4           Cross right behind left, step left to left side, cross right in front of left  
5-6           Rock left to left side, recover onto right  
7&8           Cross left behind right, step right to right side, cross left in front of right

## Section 2: STEP CLAP x2, HIP BUMPS x2, LOCK STEP BACK

1&2&          Step right forward, clap, step left forward, clap  
3&4           Touch right toe forward and bump hips to the right and up, left, step down on right  
5&6           Touch left toe forward and bump hips to the left and up, right, step down on left  
7&8           Step right back, lock left in front of right, step right back

## Section 3: MAMBO BACK, WALK FORWARD x2, MAMBO FORWARD, SAILOR 1/4 TURN

1&2           Rock left back, recover onto right, step left beside right  
3-4           Walk forward right, left  
5&6           Rock right forward, recover onto left, step right beside left  
7&8           Turn 1/4 left and step left behind right, step right slightly to right side, step left forward

## Section 4: FORWARD ROCK, TRIPLE IN PLACE, BACK ROCK, RUN FORWARD L, R, L

1-2           Rock forward on right, recover onto left  
3&4           Triple in place stepping right, left, right (use your hips with this move)  
(On Wall 2 the singer will tell you to dip low at this point so you can do so on these counts if you wish!)

5-6           Rock back on left, recover onto right  
7&8           Small running steps forward left, right, left

**TAG 1: on Wall 9 (facing 12 o'clock) – The singer will tell you to SHAKE IT for 16 counts!**

**You can add as much or as little attitude as you wish. You can shimmy, dip low, however (and whatever!) you want to shake! Possible option:-**

## STEP SIDE, TOUCH SIDE, HIP BUMPS x2

1-2           Step right to right side, touch left toe to left side (Option: body roll)  
3&4&          Bump hips left, right, left, right (weight on right)  
5-6           Step left to left side, touch right toe to right side (Option: body roll)  
7&8&          Bump hips right, left, right, left (weight on left)

**Repeat the above 8 counts, then start again from the beginning of the dance.**

**TAG 2 / RESTART: on Wall 12 (facing 3 o'clock) Dance Sections 1 and 2 (16 counts) then:**

## JUMP BACK, HOLD (Clap Optional), HIP BUMPS x2

&1-2          Jump back left, right (feet slightly apart), hold (clap optional)  
3&4           Bump hips left, right, left (weight on left)  
&5-6          Jump back right, left (feet slightly apart), hold (clap optional)  
7&8&          Bump hips right, left, right, left (weight on left)

**Start at the beginning of the dance again.**

**ENDING: Dance Sections 1 and 2 (facing 6 o'clock), turn 1/2 left and step left forward and pose!**

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