

Bahama Mama (巴哈馬媽媽) (zh)

COPPER KNOB
BY STEPHEN T. HARRIS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Nina Chen (TW) - 2018年01月
音樂: Bahama Mama by Petre Geambasu Show Band



Intro : 64 counts

Sec 1: CROSS TOUCH - SIDE TOUCH - TOGETHER - JUMP & CLAP.(x2)

1-4 Touch RF over LF - Touch RF to R - Step RF beside LF - Jump both feet while clap hands
5-8 Touch LF over RF - Touch LF to L - Step LF beside RF - Jump both feet while clap hands
1-4 右足前跨點 - 右足右點 - 右足併踏左足旁 - 雙腳跳躍同時拍手
5-8 左足前跨點 - 左足左點 - 左足併踏右足旁 - 雙腳跳躍同時拍手

Sec 2: CROSS TOUCH - SIDE. (x2), DIAGONAL FWD SHUFFLE. (x2)

1-4 Touch RF over LF - Step RF to R - Touch LF over RF - Step LF to L
5&6, 7&8 Step RF slightly diagonal fwd - Step LF behind RF - Step RF slightly diagonal fwd, Step LF slightly diagonal fwd - Step RF behind LF - Step LF slightly diagonal fwd
1-4 右足前跨點 - 右足右踏 - 左足前跨點 - 左足左踏
5&6, 7&8 右足略右斜前踏 - 左足鎖於右足後 - 右足略右斜前踏, 左足略左斜前踏 - 右足鎖於左足後 - 左足略左斜前踏

Sec 3: BACK - BACK - BACK - KICK. (x2)

1-4 Step RF back - Step LF back - Step RF back - Kick LF fwd
5-8 Step LF back - Step RF back - Step LF back - Kick RF fwd
1-4 右足後踏 - 左足後踏 - 右足後踏 - 左足前踢
5-8 左足後踏 - 右足後踏 - 左足後踏 - 右足前踢

Sec 4: SIDE - TOUCH - 1/4 L FWD - TOUCH, SIDE - TOUCH - 1/4 L FWD SHUFFLE

1-4 Step RF to R - Touch LF beside RF - 1/4 L step LF fwd - Touch RF beside LF
5-6, 7&8 Step RF to R - Touch LF beside RF, 1/4 L fwd shuffle (L R L)
1-4 右足右踏 - 左足點於右足旁 - 左轉1/4 左足前踏 - 右足點於左足旁
5-6, 7&8 右足右踏 - 左足點於右足旁 - 左轉1/4 前交換步(左 右 左)

Restart: Wall 4 (6:00) After 12 counts, Wall 9 (6:00) After 16 counts

重跳: 第4牆 (6:00) 跳完 12 拍後, 第9牆 (6:00) 跳完 16 拍後

Have Fun & Happy Dancing!

Contact Nina Chen: nina.teach.dance@gmail.com