

# Bam-Ba-Lam

COPPER KNOB  
BY STEPHEN

拍數: 32      牆數: 4      級數: Improver  
編舞者: Mike Hitchen (UK) - March 2020  
音樂: Get Ready (feat. Blake Shelton & Joe Perry) - Pitbull : (Amazon, iTunes)



## #32 Count Intro – 2 Restarts

### Section 1: Step out out, Coaster Step, Rock Step, Shuffle ½ Turn Left.

1-2            Step right out, Step left out.  
3&4            Step right Back, Step left together, Step right forward.  
5-6            Rock left forward, Recover to right.  
7&8            Step left ¼ turn left, Step right together, Step left ¼ turn left. 6:00

### Section 2: Cross 1/4 Turn, Coaster Step, Rock Step, Shuffle ½ Turn Left.

1-2            Cross right over left, ¼ turn right Stepping left back. 9:00  
3&4            Step right Back, Step left together, Step right forward.  
5-6            Rock left forward, Recover to right.  
7&8            Step left ¼ turn left, Step right together, Step left ¼ turn left. 3:00  
2 Restarts Here Walls 3 & 6

### Section 3: Cross Side, Behind & heel. Cross Side, Sailor ½ Turn Left.

1-2            Cross right over left, Step left to side.  
3&4            Step right behind left, Step left to side, Touch right heel diagonal forward. &5-6 Step right in place, Cross left over right, Step right to side.  
7&8            Cross left behind right while turning ½ turn left, Step on right, Step left forward. 9:00

### Section 4: Step Lock, Step Lock Step, Rock Step, Triple Full Turn Left.

1-2            Step right forward, lock left behind right.  
3&4            Step right forward, Lock left behind right, Step right forward.  
5-6            Rock left forward, Recover to right.  
7&8            Full triple turn left on LRL.

Restart Wall 3 facing 6:00

Restart wall 6 facing 3:00

Happy Dancing [mike.hitchen777@gmail.com](mailto:mike.hitchen777@gmail.com)