

Ba Da Ba Bam

拍數: 32 牆數: 2 級數: Absolute Beginner
編舞者: Nina Skyrud (NOR) - August 2023
音樂: Voices in My Head - Rammor
或: Thicc As Thieves - Lauren Alaina & Lainey Wilson



Intro 16 counts – start the dance after approx. 8 sec at the lyrics “I wonder...”

[1-8] Walk, Walk, Walk, Kick, Back, Back, Back, Touch.

1,2,3,4 Walk forward R (1), L (2), R (3); Kick L forward (4) [12:00]

5,6,7,8 Walk back L (5), R (6), L (7), Touch R next to L (8).

(Optional: Raise arms gradually walking fwd. and lower arms gradually walking back)

[9-16] Jump/Step to R side, Touch, Hold, Jump/Step to left side, Touch, Hold, Hip Bumps R,L,R, Hitch

&,1-2 Jump/Step R to right side (&), Touch L next to R (1), Hold (2)

&,3-4 Jump/Step L to left side (&), Touch R next to L (3), Hold (4)

5,6,7 Step R to right side and Bump R hip right (5), Bump L hip left (6), Bump R hip right (7),

8 Hitch L (8).

(Optional: Raise arms and sway both arms to R side and L side on the side jumps. Sway arms R, L, R on the hip bumps. Lower arms before the hitch. If you like, you can also snap fingers when holding count 2 and count 4. Feel free to play around with the options.)

[17-24] Vine L w/Touch, Vine R w/Touch

1,2,3,4 Step L to left side (1), Cross R behind L (2), Step L to left side (3), Touch R next to L (4).

5,6,7,8 Step R to right side (5), Cross L behind R (6), Step R to R side (7), Touch L next to R (8).

[25-32] Out-Out, In-In, Step, Hold, ½ Turn L

1,2 Step L slightly diagonally forward left (1), Step R to right side (2)

3,4 Step L back to center (3), Step R next to left (4)

5,6 Step L forward (5), Hold (6),

7,8 Step R forward (7), Turn 1/2 turn left stepping L forward (8). [06:00]

Start again!

No tags, no restarts

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