

Bahama Mama 24

拍數: 32 牆數: 4 級數: Beginner
編舞者: Rini Suprobowati (INA) & Bastian (INA) - April 2024
音樂: Bahama Mama - Boney M.



S1. Walk Forward R-L- Forward Shuffle - Back Shuffle R - L

1-2 Step R Forward, Step L Forward
3&4 Step R Forward, Step L Together, Step R Forward
5&6 Step L Backward, Step R Together, Step L Backward
7&8 Step R Backward, Step L Together, Step R Backward

S2. Side Rock - Recover - Cross Shuffle (R-L)

1-2 Rock L to Side, Recover on R
3&4 Cross L Over R, Step R To Side, Cross L Over R
5-6 Rock R to Side, Recover On L
7&8 Cross R Over L, Step L to Side, Cross R Over L

**Restart Here. On Wall 4 and 9. On Wall 9 change Step
Change Step**

7-8 Step R Cross Over L , Step L Beside R

S3. Rock Forward - 1/2 Turn L - step L Forward - Step R Touch Beside L - Chasse - 1/4 Turn L Chasse

1-2 Rock L Forward , Recover
3-4 1/2 Turn Left , Step L Forward, Step R Touch Beside L
5&6 Step R To Side, Step L Together, Step R To Side
7&8 1/4 Turn L Step L to Side, Step R Together, Step L to Side

S4. Cross - Side - Cross - Touch R-L

1-2 Cross R Over L, Step L to Side
3-4 Cross R Over L, Step L to Side Touch
5-6 Cross L Over R, Step R To Side
7-8 Cross L Over R, Step R To Side Touch

No Tag, 2 Restarts

Restart on Wall 4 After 12 Count, on Wall 9 After 16 Count with Change Step

Supribowati@gmail.com
mistergiman@gmail.com

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