

Bad Mama Jama

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 0 級數:
編舞者: Rose Grant (CAN)
音樂: She's a Bad Mama Jama - Carl Carlton



INTRO

APPLEJACKS STARTS ON 33RD BEAT

1-4 Two left applejacks, two right applejacks
5-8 Two left applejacks, one right applejack, one left applejack
9-12 Two right applejacks, two left applejacks
13-16 Two right applejacks, one left applejack, one right applejack

THE MAIN DANCE

KICK-PULL TOUCHES

1-2 Touch right heel forward, step right together with left
3&4 Kick left foot forward, pull left foot back, touch left beside right
5-6 Touch left heel forward, step left together with right
7&8 Kick right foot forward, pull right foot back, touch right beside left
9-16 Repeat steps 1-8

SWAYS

17-18 Sway forward on right on a 45 degree angle, sway back on left (weight on left)
19-20 Sway back on right on a 45 degree angle, sway forward on left (weight on left)
21-22 Sway forward on right on a 45 degree angle, sway back on left (weight on left)
23-24 Sway back on right on a 45 degree angle, sway forward on left (weight on left)

SWIVEL-TOUCHES: (SYNCOPATED STEPS)

NOTE: Left & right movements are synchronized (working together)

25-28 Left foot: traveling left: swivel left heel-toe, heel-toe, heel-toe, heel
 Right foot: touch right toe to the floor on left heel swivels, hitch right knee on toe swivels for 3
 beats (touch right behind left for 4th beat)

HI-JACKS

NOTE: Left & right movements are synchronized (working together)

29-36 Left foot: 8 swivels in place; left, right, left, right, left, right, left, right
 Right foot: 2 touches forward, 2 touches back, 1 touch forward, 1 touch back, 1 touch side,
 cross right over left (weight on it)
37-48 Repeat 25-36 for the right

MONTEREY TURNS

49-50 Kick right leg to the side, cross over left (weight on it)
51-52 Touch left toe to the left side, ½ turn left and step on left
53-56 Repeat steps 49-52

HIP ROLLS (1/8 TURNS)

57-58 Step forward on right, roll hips while turning 1/8 turn to the left
59-60 Step forward on right, roll hips while turning 1/8 turn to the left
61-62 Step forward on right, step left a cross right (weight on left)
63-64 Long step back on the right, step left beside right & clap.

REPEAT

