

Bahama Mama

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Intermediate cha cha
編舞者: Max Perry (USA)
音樂: Bahama Mama - Boney M.



SIDE, TOGETHER, FORWARD, CHA-CHA LOCK FORWARD

1-2-3 Step left to left side, step right next to left, step left forward
4&5 Step right forward, step left up to and behind right (5th), step right forward

½ TURN RIGHT, SYNCOPATED QUICK ½ TURN RIGHT

6-7 Step left forward & turn ½ right, step right in place
8& Step left forward & turn ½ right, step right in place

STEP FORWARD, ROCK FORWARD, TURN ¼ RIGHT & CHA-CHA SIDE

1-2-3 Step left forward, rock right forward, shift weight to left foot & turn ¼ right
4& Step right to right side, step left next to right

STEP SIDE & TURN ¼ RIGHT, SYNCOPATED FORWARD, SLIDE TOGETHERS (CHA-CHA TERRACES)

5-6-7 Step right to right side & turn ¼ right, step left forward, step right up to & behind left in 3rd position
8& Step left forward, step right up to & behind left in 3rd position
1-2-3 Step left forward, step right up to & behind left in 3rd position, step left forward
4&5 Step right up to & behind left in 3rd position, step left forward, step right up to & behind left in 3rd position

FORWARD ROCK STEP, ¼ TURN LEFT & STEP SIDE & POINT

6-7 Rock left forward, step right in place
&8 Quickly turn ¼ left & step left to left side (&), touch (point) right toe to right side

STEP, CROSS OVER ROCK, CHA-CHA SIDE, WALK AROUND TURN

1-2-3 Place weight onto right foot, turn ¼ right and rock left forward, step right in place turning ¼ left
4&5 Step left to left side, step right next to left, step left to left side turning ¼ left
6-7-8 Step right forward turning ½ left, step left in place turning ¼ left, step right next to left

REPEAT
