

# The Bahama Mama

COPPER KNOB  
STEPPERS

拍數: 40      牆數: 4      級數: Improver  
編舞者: The Bahama Mama (BHS) & The Le' Chic Dancers (BHS)  
音樂: Stagger Lee - Geno D.



## RIGHT & LEFT HAND JABS

With arms at sides, forearm bent upwards, hands bent outwards from body towards side wall, palms down, parallel with floor

- 1-2            Extend right hand out and back from body twice
- 3-4            Extend left hand out and back from body twice
- 5-6            Repeat out and back with right hand, palms up
- 7-8            Repeat out and back with left hand, palms up

Lower arm/hand that is not being jabbed outward

## HITCH HIKING & HAND ROLLS

- 9-10           Hitch-hike over right shoulder with right hand twice
- 11-12          Hitch-hike over left shoulder with left hand twice

Bending over forward

- 13-14          Roll hands over one another to the right on right side
- 15-16          Roll hands over one another to the right on left side

## HANDS AND ELBOWS TO FRONT THIGHS

Bending over forward

- 17              Slap left leg with right hand
- 18              Slap right leg with left hand
- 19              Touch bent right elbow to left leg
- 20              Touch bent left elbow to right leg

## SQUATTING FLOOR TOUCHES

Squatting to the floor

- 21              Touch floor in front with right hand
- 22              Touch floor in back with left hand
- 23              Touch floor in front with right hand
- 24              Stand and clap

Optional: extend palms downward with knees bent - front, back, front-instead of touching the floor

## HAND ROLLS - RIGHT, CENTER, LEFT, CENTER

Bending over forward

- 25-26          Roll hands over one another to the right on right
- 27-28          Roll hands over one another in front
- 29-30          Roll hands over one another on left
- 31-32          Roll hands over one another in front

## FRONT & BACK POCKET SLAPS, FORWARD WALK WITH ¼ LEFT TURN & CLAP

- 33              Slap right front pocket with right hand
- 34              Slap left front pocket with left hand
- 35              Slap right rear pocket with right hand
- 36              Slap left rear pocket with left hand
- 37              Walk forward on right foot
- 38              Walk forward on left foot
- 39              Walk forward on right foot, turning ¼ left
- 40              Clap hands with feet together

REPEAT

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