

Bahama Mama

COPPER KNOB
BY STEPHEN

拍數: 0 牆數: 4 級數: Phrased Intermediate
編舞者: Kenny Teh (MY) - December 2008
音樂: Bahama Mama - Boney M.



Sequence: A, B, A, Tag 1, A, B, A, B, Tag 2, A, B, A, Tag 3

Start dance on vocals. (8 X 8) after the music starts

Section A=32 counts

ROCKING CHAIR, ROCK, RECOVER, CHASSE

1-4 Step left over right facing diagonally right, recover, step left to left, recover

(Spread out your hands for count 1 and by count 3 withdraw and cross them)

5-8 Step left over right facing diagonally right, recover

(Spread out your hands for count 5 again)

7&8 Chasse to the left

1-8 Mirror the above 8 steps

STEP, ½ TURN FLICK, SHUFFLE, ½ TURN, ½ TURN SHUFFLE

1-2 3&4 Step left fwd, ½ turn left with ball of left and flick right, shuffle RLR

5-6 1/2 turn right step back on left, ½ turn right step fwd on right

7&8 Shuffle fwd LRL

1-8 Mirror the above 8 steps

Section B=32 counts

¾ ARC, STEP, TOUCH, STEP, TOUCH

1&2&3&4 Step left fwd, step right behind left, left fwd, step right behind left, Step left fwd, step right behind left, step left fwd

(The above steps are danced so that you make a ¾ ARC left, ending facing 3 o'clock. You should be using the ball of the right only for the above steps)

5-6 Step right to right facing diagonally left, touch left beside right and click fingers

7-8 Step left to left facing diagonally right, touch right beside left and click fingers

¼ SHUFFLE, ½ TURN SHUFFLE, ½ TURN SHUFFLE, STEP, TOUCH

1&2 3&4 ¼ right shuffle fwd RLR, 1/2 right shuffle back LRL

5&6 7-8 ½ right shuffle fwd RLR, step left fwd, touch right beside left

BACK SHUFFLE X2, SHIMMY X2

1&2 3&4 Shuffle back RLR facing diagonally right, shuffle back LRL facing diagonally left

5&6 Big step right shimmy shoulders, at the same time leaning to the right

7&8 Big step left shimmy shoulders, at the same time leaning to the left

BACK STEP, STEP, STEP, TOUCH, ¼ TURN STEP, TOUCH, ½ TURN STEP, TOUCH

1-2 Step right back and push right shoulder back, step left back and push left shoulder back,

3-4 Step right back and push right shoulder back, touch left beside right

5-6 ¼ turn left step fwd left, touch right beside left and clap

7-8 1/2 turn right step fwd right, touch left beside left and clap

Tag 1 = 12 counts

SHIMMY LEFT, SHIMMY RIGHT, STEP, TOGETHER, STEP, TOUCH

1&2 Big step left shimmy shoulders, at the same time leaning to the left

3&4 Big step right shimmy shoulders, at the same time leaning to the right

5-8 Step left to left, step right beside, step left to left, touch right beside left and clap

FULL CIRCLE RIGHT STEP, STEP, STEP, TOUCH

1-4 Making a full right circle on the spot, step RLR, touch left beside right

(Note: this is not a rolling vine)

Tag 2 = 16 counts

SHIMMY LEFT, SHIMMY RIGHT, STEP, TOGETHER, STEP, TOUCH

1&2 Big step left shimmy shoulders, at the same time leaning to the left

3&4 Big step right shimmy shoulders, at the same time leaning to the right

5-8 Step left to left, step right beside, step left to left, touch right beside left and clap

FULL CIRCLE RIGHT STEP, STEP, STEP, TOUCH,STEP, TOUCH, STEP, TOUCH

1-4 Making a full right circle on the spot, step RLR, touch left beside right

(Note: this is not a rolling vine)

5-8 Step left to left, touch right beside left and clap, step right to right, touch left beside right and clap

Tag 3 = 11 counts

SHIMMY LEFT, SHIMMY RIGHT, STEP, TOGETHER, STEP, TOUCH

1&2 Big step left shimmy shoulders, at the same time leaning to the left

3&4 Big step right shimmy shoulders, at the same time leaning to the right

5-8 Step left to left, step right beside, step left to left, touch right beside left and clap

FULL CIRCLE RIGHT STEP, STEP, STEP

1-3 Making a full right circle on the spot, step RLR
