

# Bad Mama Jama

**COPPER** KNOB  
BY STEPSHEETS

拍數: 32      牆數: 4      級數: Easy Intermediate  
編舞者: Ingrid Kan (TW) - May 2012  
音樂: She's a Bad Mama Jama - Carl Carlton



Start after about 22 seconds

## [1-8] R Cross Step Cross Shuffle, L Side Rock , Cross Shuffle

1-2            Cross step R over L, Step L Together  
3&4            Cross step R over L, step L together, step R Cross  
5-6            Rock L To the Left side , recover weight on R  
7&8            Cross step L over R, step R together, step L Cross

## [9-16] Walk Backx3(R-L-R), L Heel Down Forward, L Step Forward, R together, L Step, R Touch

9-11            Step R Back, step L Back, step L Back  
12-13           L Heel Down Forward, L Step  
14              R Step next to L  
15-16           L Step Forward, R Touch next to L

## [17-24] Point to right side, Touch next to L, Point, Hitch, Jazz Box Turn 1/4 to the right

17-18           R Touch To The Right side , R Touch next to L  
19-20           R Touch To The Right side, Hitch R knee up  
21-24           Step R across L, Step L back, Turn R 1/4 Step R Forward , Touch L next to R

## [25-32] L Kick Ball Out Step, Touch Back Turn 1/2 to Left, Out Step R- L, Bounce

25&26           L Kick , Step down on ball of L. R out Step  
27-28           Back Turn 1/2 to the left (weight on L)  
29-30           Out Step (R-L)  
31-32           Bounce heels (Up-Down)

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