

Bahama Mama

拍數: 32 牆數: 4 級數: Improver
編舞者: Marie Sørensen (TUR) - August 2012
音樂: Bahama Mama - Boney M. : (iTunes)



Intro: 64 Counts

Walk Fwd. Right, Left, Right, Kick, Walk Back Left, Right, Chasse

1-2 Walk fwd. Right, Left
3-4 Walk fwd. Right, Kick Left fwd. & Clap
5-6 Walk, Back Left, Right
7&8 Step Left to Left side, step Right beside Left, step Left to Left side(12:00)

Back Rock, Recover, Chasse, Rock, Recover, ¼ Turn Shuffle

1-2 Back rock Right, recover
3&4 Step Right to Right side, step Left beside Right, step Right to Right side

Restart the dance here during wall 4 – Facing 09:00 - OBS – Instead of Chasse Right on Count 3&4, Walk fwd. Right, Left on count 7-8, start again.

5-6 Rock Left in front of Right, recover
7&8 ¼ turn Left, step fwd. Left, step Right beside Left, step fwd. Left (09:00)

Restart the dance here, during Wall 9, After 16 Counts – Facing 06:00

Rock, Recover, Coaster Step, Rock, Recover, ¼ Turn Chasse

1-2 Rock fwd. Right, recover
3&4 Step back on Right, step Left beside Right, step fwd. Right
5-6 Rock fwd. Left, recover
7&8 ¼ turn Left, step Left to Left side, step Right beside Left, step Left to Left side (06:00)

Cross, Point, Cross, Point, Rock, Recover, ¾ Turn Right, Step

1-2 Cross Right in front of Left, point Left to Left side
3-4 Cross Left in front of Right, point Right to Right side
5-6 Rock fwd. Right, recover
7-8 ¾ turn Right, step fwd. Right, step fwd. Left (03:00)

RESTARTS:-

During Wall 4 – After 12 Counts – Facing 09:00 - Instead of Chasse Right on Count 3&4, Walk fwd. Right, Left on count 7-8 - Start again.

During Wall 9, After 16 Counts – Facing 06:00 – Start again

Have Fun!

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