

Bad Mama Jama

Count: 64

Wand: 0

Ebene:

Choreograf/in: Rose Grant (CAN)

Musik: She's a Bad Mama Jama - Carl Carlton



INTRO

APPLEJACKS STARTS ON 33RD BEAT

- 1-4 Two left applejacks, two right applejacks
- 5-8 Two left applejacks, one right applejack, one left applejack
- 9-12 Two right applejacks, two left applejacks
- 13-16 Two right applejacks, one left applejack, one right applejack

THE MAIN DANCE

KICK-PULL TOUCHES

- 1-2 Touch right heel forward, step right together with left
- 3&4 Kick left foot forward, pull left foot back, touch left beside right
- 5-6 Touch left heel forward, step left together with right
- 7&8 Kick right foot forward, pull right foot back, touch right beside left
- 9-16 Repeat steps 1-8

SWAYS

- 17-18 Sway forward on right on a 45 degree angle, sway back on left (weight on left)
- 19-20 Sway back on right on a 45 degree angle, sway forward on left (weight on left)
- 21-22 Sway forward on right on a 45 degree angle, sway back on left (weight on left)
- 23-24 Sway back on right on a 45 degree angle, sway forward on left (weight on left)

SWIVEL-TOUCHES: (SYNCOATED STEPS)

NOTE: Left & right movements are synchronized (working together)

- 25-28 Left foot: traveling left: swivel left heel-toe, heel-toe, heel-toe, heel
Right foot: touch right toe to the floor on left heel swivels, hitch right knee on toe swivels for 3 beats (touch right behind left for 4th beat)

HI-JACKS

NOTE: Left & right movements are synchronized (working together)

- 29-36 Left foot: 8 swivels in place; left, right, left, right, left, right, left, right
Right foot: 2 touches forward, 2 touches back, 1 touch forward, 1 touch back, 1 touch side, cross right over left (weight on it)
- 37-48 Repeat 25-36 for the right

MONTEREY TURNS

- 49-50 Kick right leg to the side, cross over left (weight on it)
- 51-52 Touch left toe to the left side, ½ turn left and step on left
- 53-56 Repeat steps 49-52

HIP ROLLS (1/8 TURNS)

- 57-58 Step forward on right, roll hips while turning 1/8 turn to the left
- 59-60 Step forward on right, roll hips while turning 1/8 turn to the left
- 61-62 Step forward on right, step left a cross right (weight on left)
- 63-64 Long step back on the right, step left beside right & clap.

REPEAT

