|  |  |
| --- | --- |
| Bahama Mama (巴哈馬媽媽) (zh) |  |

.

|  |
| --- |
| . |
| **拍数:** | 32 | **墙数:** | 4 | **级数:** | Beginner | . |
| **编舞者:** | Nina Chen (TW) - 2018年01月 |
| **音乐:** | Bahama Mama by Petre Geambasu Show Band |
| . |

**Intro : 64 counts**

**Sec 1: CROSS TOUCH - SIDE TOUCH - TOGETHER - JUMP & CLAP.(x2)**

|  |  |
| --- | --- |
| 1-4 | Touch RF over LF - Touch RF to R - Step RF beside LF - Jump both feet while clap hands |

|  |  |
| --- | --- |
| 5-8 | Touch LF over RF - Touch LF to L - Step LF beside RF - Jump both feet while clap hands |

|  |  |
| --- | --- |
| 1-4 | 右足前跨點 - 右足右點 - 右足併踏左足旁 - 雙腳跳躍同時拍手 |

|  |  |
| --- | --- |
| 5-8 | 左足前跨點 - 左足左點 - 左足併踏右足旁 - 雙腳跳躍同時拍手 |

**Sec 2: CROSS TOUCH - SIDE. (x2), DIAGONAL FWD SHUFFLE. (x2)**

|  |  |
| --- | --- |
| 1-4 | Touch RF over LF - Step RF to R - Touch LF over RF - Step LF to L |

|  |  |
| --- | --- |
| 5&6, 7&8 | Step RF slightly diagonal fwd - Step LF behind RF - Step RF slightly diagonal fwd, Step LF slightly diagonal fwd - Step RF behind LF - Step LF slightly diagonal fwd |

|  |  |
| --- | --- |
| 1-4 | 右足前跨點 - 右足右踏 - 左足前跨點 - 左足左踏 |

|  |  |
| --- | --- |
| 5&6, 7&8 | 右足略右斜前踏 - 左足鎖於右足後 - 右足略右斜前踏, 左足略左斜前踏 - 右足鎖於左足後 - 左足略左斜前踏 |

**Sec 3: BACK - BACK - BACK - KICK. (x2)**

|  |  |
| --- | --- |
| 1-4 | Step RF back - Step LF back - Step RF back - Kick LF fwd |

|  |  |
| --- | --- |
| 5-8 | Step LF back - Step RF back - Step LF back - Kick RF fwd |

|  |  |
| --- | --- |
| 1-4 | 右足後踏 - 左足後踏 - 右足後踏 - 左足前踢 |

|  |  |
| --- | --- |
| 5-8 | 左足後踏 - 右足後踏 - 左足後踏 - 右足前踢 |

**Sec 4: SIDE - TOUCH - 1/4 L FWD - TOUCH, SIDE - TOUCH - 1/4 L FWD SHUFFLE**

|  |  |
| --- | --- |
| 1-4 | Step RF to R - Touch LF beside RF - 1/4 L step LF fwd - Touch RF beside LF |

|  |  |
| --- | --- |
| 5-6, 7&8 | Step RF to R - Touch LF beside RF, 1/4 L fwd shuffle (L R L) |

|  |  |
| --- | --- |
| 1-4 | 右足右踏 - 左足點於右足旁 - 左轉1/4 左足前踏 - 右足點於左足旁 |

|  |  |
| --- | --- |
| 5-6, 7&8 | 右足右踏 - 左足點於右足旁 - 左轉1/4 前交換步(左 右 左) |

**Restart: Wall 4 (6:00) After 12 counts, Wall 9 (6:00) After 16 counts**

**重跳: 第4牆 (6:00) 跳完 12 拍後, 第9牆 (6:00) 跳完 16 拍後**

**Have Fun & Happy Dancing!**

**Contact Nina Chen: nina.teach.dance@gmail.com**