

Bambalam

拍数: 64 墙数: 2 级数: Phrased Easy Intermediate Contra
编舞者: Rick Dominguez (USA) & Jonno Liberman (USA) - February 2020
音乐: Get Ready (feat. Blake Shelton) - Pitbull : (Album: Libertad 548)



Dance begins after 32 counts - AABBCCD AABBCCD AABBCCD ABCD
No Tags or Restarts

A [1-8] 1/8 Heel Grind, Heel Switches, 1/4 Heel Grind, Heel Switches (12:00)

- 1, 2 Step R heel forward, Turn 1/8 right as you step L to left (finish facing right diagonal)
- &3&4 Step R next to L, Touch L heel forward, Step L next to R, Touch R heel forward
- &5, 6 Step R next to L, Step L heel forward, Turn 1/4 left as you step R to right (finish facing left diagonal)
- &7&8 Step L next to R, Touch R heel forward, Step R next to L, Touch L heel forward

A [9-16] 1/4 Heel Grind, Heel Switches, Ball, Slide, Heel Split x2 (6:00)

- &1, 2 Step L next to R, Step R heel forward, Turn 1/4 right as you step L to left (finish facing right diagonal)
- &3&4 Step R next to L, Touch L heel forward, Step L next to R, Touch R heel forward
- &5, 6 Step R next to L, Step L diagonally to 1:30 as you turn to face 6:00, Step R next to L Partners should pass each other face to face, finish facing each other
- &7&8 With feet together move both heels out, Bring both heels back to center, Move both heels out, Bring both heels back to center (there's no place like home!)

B [1-8] Side Rock, Recover, Crossing Triple, Side Rock, Recover, Crossing Triple (12:00)

- 1, 2 Step R to right, Recover onto L
- 3&4 (slightly facing left diagonal) Cross R over L, Step L to left, Cross R over L
- 5, 6 Step L to left, Recover onto R
- 7&8 (slightly facing right diagonal) Cross L over R, Step R to right, Cross L over R

B [9-16] Side Rock, Recover, Crossing Triple, Paddle x3, Stomp (6:00)

- 1, 2 Step R to right, Recover onto L
- 3&4 (slightly facing left diagonal) Cross R over L, Step L to left, Cross R over L
- 5, 6 (square up to 12:00) Touch L to left, Turn 1/4 right as you touch L to left (3:00)
- 7, 8 Turn 1/4 right as you touch L to left (6:00), Stomp L next to R (taking weight on L)

C [1-8] Stomp, Hitch, Coaster Step, Stomp, Hitch, Coaster Step (12:00)

- 1, 2 Stomp R forward, Hitch R
- 3&4 Step R back, Step L next to R, Step R forward
- 5, 6 Stomp L forward, Hitch L
- 7&8 Step L back, Step R next to L, Step L forward

C [9-16] 1/2 Pivot x2, Out-Out, In-In, Out-Out, Clap Clap (12:00)

- 1, 2 Step R forward, Turn 1/2 left taking weight on L (6:00)
- 3, 4 Step R forward, Turn 1/2 left taking weight on L (12:00)
- &5&6 Step R out, Step L out, Step R in, Step L in
- &7&8 Step R out, Step L out, Clap hands twice for &8

D [1-8] 1/4 with C Bumps, 1/2 with C Bumps (3:00)

- 1, 2 Turn 1/4 left as you step R to right to face partner (9:00) and bump R hip up, Bump R hip down
- 3, 4 Bump R hip up, Bump R hip down

- 5, 6 Turn 1/2 right as you step L to left, dancing back to back with partner (3:00) and bump L hip up, Bump L hip down
7, 8 Bump L hip up, Bump L hip down

D [9-16] R Step 1/4, Drop, Put Your Hands Up (6:00)

- 1-2 Turn 1/4 right as you step R to right to face partner again, finishing with weight on both feet (6:00), Hold
3, 4 Drop yourself down (as low as you're comfortable going), Bring it back up
5&6 Bring R hand toward L shoulder, Bring L hand toward R shoulder, Throw one or both straight up in the air
7-8 Leave hands up and relax hands as you shimmy, shake your hips, wiggle your butt, or anything similar (you'll hear Pitbull say, "Now Shake")

Phrasing Notes:

AABBCCD – AABBCCD – AABBCCCD – ABCD

A is always two times in a row except for the last pattern. You'll finish the first A in your partners spot and the second A back where you started. Make sure you slide face to face with your partner.

B is always two times in a row except for the last pattern. You'll finish the first B back to back and finish the second B facing your partner again. Partners should be moving opposite directions, not mirroring. B will likely finish with partners in windows instead of directly face to face. This is OK and encouraged.

C is at least two times in a row except for the last pattern. There will be an extra C on the third pattern. During the third pattern, you'll hear Pitbull say, "Everybody say 'HEY!'". We encourage you to shout, "HEY!"

D is always one time. You'll finish on the opposite side and start a new pattern.

On the fourth pattern, you'll only dance each section once. You'll switch with your partner on A. You'll end up with a new partner (or dancing to the walls) at the end of B. C will stay with your new partner. D will switch with your new partner. It's a little chaotic and a whole lot of fun...BAMBALAM!

Dance Your Yaaas Off

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