拍数： 64
壇数： 4
级数：Easy Intermediate
编舞者：Karen Anderson－Morris（UK）\＆Robert Lindsay（UK）－March 2020
音乐：She＇s a Bad Mama Jama（She＇s Built，She＇s Stacked）（Edit）－Carl Carlton
\＃48 Count Intro
［1－8］Right Kick Ball Cross，Side Rock，Step Behind $1 / 4$ Left，Left Toe Strut
$1 \& 2 \quad$ Kick right foot forward．Step down onto right．Step left across in front of right．
3－4 Rock right to right side．Recover weight onto left．
5\＆6 Step right behind left．Turning $1 / 4$ turn left，step forward on left．Step forward on right．
7－8 Touch left toe forward．Step down onto left heel．
［9－16］Right Toe Strut，½ Turn Left making Left Lock Forward，Right Lock Step，Left Lock Step，Step
1－2 Touch right toe forward．Step down onto right heel．
$3 \& 4 \quad$ Making $1 / 2$ turn left，step forward onto left，lock right behind left，step forward onto left．
5\＆6 Step forward on right．Lock left foot behind right．Step forward on right．
\＆7\＆8 Step forward on left．Lock right foot behind left．Step forward on left．Step forward on right．
［17－24］Left Kick Ball Step，Ball Step，Step Forward，Touch Right，Right Heel Fan，Right Hitch Ball Change
1\＆2 Kick left foot forward．Step down onto left．Step right foot forward．
\＆3－4 Step down onto left．Step right foot forward．Step left foot forward．
$5 \& 6$ Touch right toe forward．Fan right heel out to right side．Fan right back in place．
7\＆8 Hitch right knee．Step back onto ball of right．Step onto left．
［25－32］Right Cross Samba，Left Cross Samba，Jazz Box with $1 / 4$ Turn Right
1\＆2 Cross right over left．Rock left to left side．Recover weight onto right．
$3 \& 4 \quad$ Cross left over right．Rock right to right side．Recover weight onto left．
5－6 Step right across in front of left．Step back on left．
7－8 Turning $1 / 4$ turn right，step right to right side．Step forward on left．
［33－40］Step Forward Right，Pivot $1 / 2$ Turn Left，Right Shuffle，Step left Forward，Swivel Heels L，R，Hick Ball Point
1－2 Step forward on right foot．Pivot $1 / 2$ turn left．
3\＆4 Step forward on right．Step left beside right．Step forward on right．
$5 \& 6 \quad$ Step forward on left．Twist both heels to the left．Twist both heels back in place，keeping weight on right foot．
Kick left foot forward．Step left in place．Touch right toe out to right side．
［41－48］Walk Right，Left，Right Shuffle（ In a Half Moon Left），Forward \＆Side \＆Coaster Step
1－2 Step forward on right，turning $1 / 8$ turn left．Step forward on left，turning $1 / 8$ turn left．
3\＆4 Turning $1 / 4$ turn left，step forward on right，step left beside right，step forward on right．
5\＆6 Rock forward onto left．Recover weight onto right．Rock left out to left side．
\＆7\＆8 Recover weight onto right．Step back onto left．Step right beside left．Step forward onto left．
［49－56］Out，Out，Right Lock Back，Turning Toe Struts（Half Turn，Quarter Turn）
1－2 Step out slightly forward on right．Step out slightly forward on left．
$3 \& 4 \quad$ Step back on right．Step back on left over right．Step back on right．
5－6 Turning $1 / 2$ turn left，step forward on left toe and drop the heel．
7－8 Turning $1 / 4$ turn left，step right to right side on right toe and drop the heel．
［57－64］Rock Back，Left Chasse，Right Jazz Box

Rock back on left behind right. Recover weight onto right
3\&4
5-8 Step left to left. Step right beside left. Step left to left side. Step right over in front of left. Step back on left. Step back on right. Step left across in front of right.

## Start Again

Email: robertmlindsay@hotmail.com

