

# My Bahama Mama

**COPPER** KNOB  
STEPSHEETS

拍数: 64      墙数: 1      级数: Beginner  
编舞者: Katherine Lee (SG) - May 2020  
音乐: Bahama Mama - Boney M.



**Intro : 4x8 - No tag No Restarts**

In view of Covid-19, most of us are unable to attend dance classes and due to space constraint at home, I like to introduce some of the 1 wall dances that I've created, hope you guys like it!

## **S1: Forward toe struts x 4**

1234      RF touch toe forward, RF step down heel, LF touch toe forward, LF step down heel,  
5678      RF touch toe forward, RF step down heel, LF touch toe forward, LF step down heel.

## **S2: Kick forward, step back X 4**

1234      RF kick forward, RF step back, LF kick forward, LF step back,  
5678      RF kick forward, RF step back, LF kick forward, LF step back.

## **S3: Out, Out, In, In, ¼ Right-turn Jazz box**

12      RF step out diagonal R forward, LF step out diagonal L forward,  
34      RF Step back to center, LF close,  
5-8      RF cross over LF, LF step back make ¼ R-turn(3:00), RF side, LF forward.

## **S4: Same as Section 3 (3:00 > 6:00)**

## **S5: Forward, pivot ½ L-turn, Side, touch behind, Rolling vine with touch**

1234      RF Forward, pivot ½ L-turn (12:00), RF side, LF touch behind RF,  
56      LF forward make ¼ L-turn (9:00), RF back make ½ L-turn (3:00),  
78      LF side make ¼ L-turn (12:00), RF touch next to LF.  
(easy option for rolling vine : LF side, RF cross behind LF, LF side)

## **S6: Same as Section 5 (12:00 > 6:00)**

## **S7: Forward, pivot ½ Left turn, rocking chair, kick-ball-change**

1234      RF forward, pivot 1/2L-turn (12:00), RF rock forward, LF recover,  
567&8      RF rock back, LF recover, RF kick forward, RF ball, LF step forward.

## **S8: Walk forward, kick, Walk back, touch.**

1234      RF forward, LF forward, RF forward, LF kick forward,  
5678      LF back, RF back, LF back, RF touch next to LF.

**Keep Active! Keep Dancing!**

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