Bahama Mama



拍数: 32 墙数: 4 级数: Intermediate cha cha

编舞者: Max Perry (USA)

音乐: Bahama Mama - Boney M.



SIDE, TOGETHER, FORWARD, CHA-CHA LOCK FORWARD

1-2-3 Step left to left side, step right next to left, step left forward

4&5 Step right forward, step left up to and behind right (5th), step right forward

1/2 TURN RIGHT, SYNCOPATED QUICK 1/2 TURN RIGHT

Step left forward & turn ½ right, step right in place 8& Step left forward & turn ½ right, step right in place

STEP FORWARD, ROCK FORWARD, TURN 1/4 RIGHT & CHA-CHA SIDE

1-2-3 Step left forward, rock right forward, shift weight to left foot & turn 1/4 right

4& Step right to right side, step left next to right

STEP SIDE & TURN 1/4 RIGHT, SYNCOPATED FORWARD, SLIDE TOGETHERS (CHA-CHA TERRACES)

5-6-7 Step right to right side & turn ¼ right, step left forward, step right up to & behind left in 3rd

position

8& Step left forward, step right up to & behind left in 3rd position

1-2-3 Step left forward, step right up to & behind left in 3rd position, step left forward

4&5 Step right up to & behind left in 3rd position, step left forward, step right up to & behind left in

3rd position

FORWARD ROCK STEP, 1/4 TURN LEFT & STEP SIDE & POINT

6-7 Rock left forward, step right in place

&8 Quickly turn ½ left & step left to left side (&), touch (point) right toe to right side

STEP, CROSS OVER ROCK, CHA-CHA SIDE, WALK AROUND TURN

1-2-3 Place weight onto right foot, turn 1/4 right and rock left forward, step right in place turning 1/4

left

Step left to left side, step right next to left, step left to left side turning ¼ left

6-7-8 Step right forward turning ½ left, step left in place turning ¼ left, step right next to left

REPEAT