

Baamulaiza

拍數: 32 牆數: 4 級數: Beginner / Improver
編舞者: Vivienne Scott (CAN) - September 2012
音樂: Baamulaiza (Ragga Mix Version) - Pritam, Domnique Cerejo & Style Bhai :
(Album: De Dana Da)



Intro: 64 counts, start on the female voice.

Section 1: SIDE ROCK, BEHIND, SIDE, CROSS x2

1-2 Rock right to right side, recover onto left
3&4 Cross right behind left, step left to left side, cross right in front of left
5-6 Rock left to left side, recover onto right
7&8 Cross left behind right, step right to right side, cross left in front of right

Section 2: STEP CLAP x2, HIP BUMPS x2, LOCK STEP BACK

1&2& Step right forward, clap, step left forward, clap
3&4 Touch right toe forward and bump hips to the right and up, left, step down on right
5&6 Touch left toe forward and bump hips to the left and up, right, step down on left
7&8 Step right back, lock left in front of right, step right back

Section 3: MAMBO BACK, WALK FORWARD x2, MAMBO FORWARD, SAILOR 1/4 TURN

1&2 Rock left back, recover onto right, step left beside right
3-4 Walk forward right, left
5&6 Rock right forward, recover onto left, step right beside left
7&8 Turn 1/4 left and step left behind right, step right slightly to right side, step left forward

Section 4: FORWARD ROCK, TRIPLE IN PLACE, BACK ROCK, RUN FOWARD L, R, L

1-2 Rock forward on right, recover onto left
3&4 Triple in place stepping right, left, right (use your hips with this move)
(On Wall 2 the singer will tell you to dip low at this point so you can do so on these counts if you wish!)
5-6 Rock back on left, recover onto right
7&8 Small running steps forward left, right, left

TAG 1: on Wall 9 (facing 12 o'clock) – The singer will tell you to SHAKE IT for 16 counts!

You can add as much or as little attitude as you wish. You can shimmy, dip low, however (and whatever!) you want to shake! Possible option:-

STEP SIDE, TOUCH SIDE, HIP BUMPS x2

1-2 Step right to right side, touch left toe to left side (Option: body roll)
3&4& Bump hips left, right, left, right (weight on right)
5-6 Step left to left side, touch right toe to right side (Option: body roll)
7&8& Bump hips right, left, right, left (weight on left)

Repeat the above 8 counts, then start again from the beginning of the dance.

TAG 2 / RESTART: on Wall 12 (facing 3 o'clock) Dance Sections 1 and 2 (16 counts) then:

JUMP BACK, HOLD (Clap Optional), HIP BUMPS x2

&1-2 Jump back left, right (feet slightly apart), hold (clap optional)
3&4 Bump hips left, right, left (weight on left)
&5-6 Jump back right, left (feet slightly apart), hold (clap optional)
7&8& Bump hips right, left, right, left (weight on left)

Start at the beginning of the dance again.

ENDING: Dance Sections 1 and 2 (facing 6 o'clock), turn 1/2 left and step left forward and pose!

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