

SF Bahama

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Count: 164

Wall: 1

Level: Phrased Low Improver

Choreographer: YoungSoon Song(KR), Hyun Ah Lee(KR), Hee Sun Lee(KR), SoYeun Choi(KR) (May 2020)

Music: Bahama Mama - Boney M. (ZDF Disco 21.1.1980)(VOD) (3:48)

#164counts (A96, B12, B'8, C48),

Sequence : A - B - A - C - A - B' - A

[A]

S1: HEEL, TOE, SIDE DRAG, HEEL, TOE, SIDE DRAG

1-2RF Heel Touch Forward(1), RF Toe Touch Backwards(2)

3-4RF Side Drag R(3-4)

5-6LF Heel Touch Forward(5), LF Toe Touch Backwards(6)

7-8LF Side Drag L(7-8)

S2: HEEL TOE, SIDE DRAG, HEEL, TOE, SIDE DRAG

1-2RF Heel Touch Forward(1), RF Toe Touch Backwards(2)

3-4RF Side Drag R(3-4)

5-6LF Heel Touch Forward(5), LF Toe Touch Backwards(6)

7-8LF Side Drag L(7-8)

S3: 1/2 MONTEREY TURN L 2X

1-2RF Touch R(1), RF Step Together 1/2 Turn R(6:00)(2)

3-4LF Touch L(3), LF Step Together(4)

5-6RF Touch R(5), RF Step Together 1/2 Turn R(12:00)(6)

7-8LF Touch L(7), LF Step Together(8)

S4: CHARLESTON STEP, INSIDE HEEL SWIVEL 4X

1-2RF Toe Touch Forward, RF Step Together

3-4LF Toe Touch Backwards, LF Step Together

5&6&RF Touch Forward(5), RF Heel Out(&), RF In(6), RF Out(&)

7&8RF In(7), RF Out(&), RF In(8)

(*5-8counts : Hold your arms up and shake them in the same direction)

S5: KICK 2X, SAILOR STEP, KICK 2X, SAILOR STEP

1-2RF Cross Over Kick(1), RF Kick Right Side(2)

3&4RF Cross Backwards(3), LF Step Together(&), RF Step R(4)

5-6LF Cross Over Kick(5), LF Kick Left Side(6)

7&8LF Cross Backwards(7), RF Step Together(&), LF Step L(8)

S6: JAZZBOX CROSS, BACK DRAG, BALL CHANGE

1-2RF Cross Over(1), LF Step Backwards(2)

3-4RF Step R(3), LF Cross Over(4)

5-6RF Big Drag Backwards(5), Hold(6)

7&8 Hold(7), LF Step Together(&), RF Step Forward(8)

S7: 1/4 PIVOT L 2X, CROSS ROCK STEP, SIDE DRAG, BALL CROSS

1-2LF Forward(1), 1/4 Turn L with Hip Roll R to R(3:00)(2)

3-4LF Forward(3), 1/4 Turn L with Hip Roll R to R(6:00)(4)

5-6LF Cross Rock(5), RF Recover(6)

7LF Drag R side(7)

8&1 Hold(8), RF Ball(&), LF Cross Over(1)

S8: VINE STEP, 1/4 TURN L 2X, SIDE DRAG, HOLD, BALL CROSS

2RF Step R(2)

3-4LF Cross Behind(3), RF 1/4 Turn R(9:00)(4)

5-6LF 1/4 Turn R(12:00)(5), Hold(6)

7&8 Hold(7), RF Ball(&), LF Cross Over(8)

S9: INSIDE SWIVEL WALKING 4X, 1/2 STEP TURN R 2X

1-2RF Toe Inside Walk(Weight RF)(1), LF Toe Inside Walk(Weight LF)(2)

3-4RF Toe Inside Walk(Weight RF)(3), LF Toe Inside Walk(Weight LF)(4)

5-6RF Step Forward(5), LF 1/2 Turn L(6:00)(6)

7-8RF Step Forward(7), LF 1/2 Turn L(12:00)(8)

S10: SWAY 2X, CHASSE, SWAY 2X, CHASSE

1-2RF Step L with Sway Arm and Hips to R(1), LF Step R with Sway Arm and Hips to L(2)

3&4RF Step R(3), LF Step Together(&), RF Step R(4)

(3&4 Foot motion with Sway Hips to L and Arm make Circle L on the front)

5-6LF Step R with Sway Arms and Hips to L(5), RF Step L with Sway Arms and Hips to R(6)

7&8LF Step L(7), RF Step Together(&), LF Step L(8)

(7&8 Foot motion with Sway Hips to R and Arm make Circle R on the front)

S11: INSIDE SWIVEL WALKING 4X, 1/2 STEP TURN R 2X

1-2RF Toe Inside Walk(Weight RF)(1), LF Toe Inside Walk(Weight LF)(2)

3-4RF Toe Inside Walk(Weight RF)(3), LF Toe Inside Walk(Weight LF)(4)

5-6RF Step Forward(5), LF 1/2 Turn L(6:00)(6)

7-8RF Step Forward(7), LF 1/2 Turn L(12:00)(8)

S12: SWAY 2X, CHASSE, SWAY 2X, CHASSE

1-2RF Step L with Sway Arm and Hips to R(1), LF Step R with Sway Arm and Hips to L(2)

3&4RF Step R(3), LF Step Together(&), RF Step R(4)

(3&4 Foot motion with Sway Hips to L and Arm make Circle L on the front)

5-6LF Step R with Sway Arms and Hips to L(5), RF Step L with Sway Arms and Hips to R(6)

7&8LF Step L(7), RF Step Together(&), LF Step L(8)

(7&8 Foot motion with Sway Hips to R and Arm make Circle R on the front)

[B]

S13: 1/4 PADDLE TURN, 1/2 PADDLE TURN

1-2RF Touch Side(3:00)(1), RF Touch 1/8 Turn L(1:30)(2)

3-4RF Touch 1/8 Turn L(12:00)(3), RF 1/4 Turn Step Together(9:00)(4)

5-6LF Touch Side(9:00)(5), LF Touch 1/8 Turn R(10:30)(6)

7-8LF Touch 1/8 Turn R(12:00)(7), LF 1/4 Turn Step Together(3:00)(8)

S14: 1 PADDLE TURN with 4 Counts

1-2RF Touch 1/4 Turn L(12:00)(1), RF Touch 1/4 Turn L(9:00)(2)

3-4RF Touch 1/4 Turn L(6:00)(3), RF 1/2 Turn R Step Together(12:00)(4)

[C]

S15: HEEL SWIVEL 8X

1&2&RF Heel Touch Forward(1), RF Out(&), RF In(2), RF Out(&)

3&4&RF In(3), RF Out(&), RF In(4), RF Out(&)

5&6&RF In(5), RF Out(&), RF In(6), RF Out(&)

7&8&RF In(7), RF Out(&), RF In(8), RF Out(&)

S16: 1/4 TURN L, STEP RUN IN PLACE

&LF 1/4 Turn R and LF Slip Backwards with RF Hitch(3:00)(&)

1&2&RF Step Forward(1), RF Slip Backwards with LF Hitch(&), LF Step Forwards(2), LF Slip Backwards with RF Hitch(&)

3&4&RF Step Forward(3), RF Slip Backwards with LF Hitch(&), LF Step Forward(4),LF Slip Backwards with RF Hitch(&)

5&6&RF Step Forward(5), RF Slip Backwards with LF Hitch(&), LF Step Forward(6),LF Slip Backwards with RF Hitch(&)

7&8&RF Step Forward(7), RF Slip Backwards with LF Hitch(&), LF Step Forward(8),LF Slip Backwards with RF Hitch(&)

S17: 1/4 TURN R, HEEL SWIVEL 8X

1&2&RF Heel Touch Forward(1), RF Out(&), RF In(2), RF Out(&)

3&4&RF In(3), RF Out(&), RF In(4), RF Out(&)

5&6&RF In(5), RF Out(&), RF In(6), RF Out(&)

7&8&RF In(7), RF Out(&), RF In(8), RF Out(&)

S18: 1/4 TURN L, STEP RUN IN PLACE

&LF 1/4 Turn R and LF Slip Backwards with RF Hitch(3:00)(&)

1&2&RF Step Forward(1), RF Slip Backwards with LF Hitch(&), LF Step Forwards(2), LF Slip Backwards with RF Hitch(&)

3&4&RF Step Forward(3), RF Slip Backwards with LF Hitch(&), LF Step Forward(4),LF Slip Backwards with RF Hitch(&)

5&6&RF Step Forward(5), RF Slip Backwards with LF Hitch(&), LF Step Forward(6),LF Slip Backwards with RF Hitch(&)

7&8&RF Step Forward(7), RF Slip Backwards with LF Hitch(&), LF Step Forward(8),LF Slip Backwards with RF Hitch(&)

S19: 1/4 PIVOT TURN R WITH HIP ROLL 3X, TOGETHER

1-2RF Step Forward(1), LF 1/4 Turn R with Hip Roll(6:00)(2)

3-4RF Step Forward(3), LF 1/4 Turn R with Hip Roll(3:00)(4)

5-6RF Step Forward(5), LF 1/4 Turn R with Hip Roll(12:00)(6)

7-8RF Step Together with Slap Hips(7-8)

S20: 1/4 PIVOT TURN 2X, 1/2 PIVOT TURN, TOGETHER

1-2LF Step Forward(1), RF 1/4 Turn L with Hip Roll(3:00)(2)

3-4LF Step Forward(3), RF 1/4 Turn L with Hip Roll(6:00)(4)

5-6LF Step Forward(5), RF 1/2 Turn L with Hip Roll(12:00)(6)

7-8LF Step Together with Slap Hips(7-8)

[B']

S21: 1/4 PADDLE TURN 2X

1-2RF Touch R(1), RF Touch 1/8 Turn L(1:30)(2)

3-4RF Touch 1/8 Touch L(12:00)(3), RF 1/4 Turn R Step Together(3:00)(4)

5-6LF Touch L(6:00)(5), LF Touch 1/8 Turn R(7:30)(6)

7-8LF Touch 1/8 Turn L(9:00)(7), LF 1/4 Turn R Step Together(12:00)(8)

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