

My Bahama Mama

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Count: 64 **Wall:** 1 **Level:** Beginner

Choreographer: Katherine Lee - Happy-Fit LDG - May 2020

Music: Bahama Mama by 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

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

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

S2: Kick forward, step back X 4

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

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

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

12RF step out diagonal L forward, LF step out diagonal R forward,

34RF Step back to center, LF close,

5-8RF 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

1234RF Forward, pivot ½ L-turn (12:00), RF side, LF touch behind RF,

56LF forward make ¼ L-turn (9:00), RF back make ½ L-turn (3:00),

78LF 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

1234RF forward, pivot 1/2L-turn (12:00), RF rock forward, LF recover,

567&8RF rock back, LF recover, RF kick forward, RF ball, LF step forward.

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

1234RF forward, LF forward, RF forward, LF kick forward,

5678LF back, RF back, LF back, RF touch next to LF.

Keep Active! Keep Dancing!

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