

Bad Mama Jama

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Count: 32 **Wall:** 4 **Level:** Easy Intermediate

Choreographer: Ingrid Kan (May 2012)

Music: She's a Bad Mama Jama - Carl Carlton

Start after about 22 seconds

[1-8] R Cross Step Cross Shuffle, L Side Rock , Cross Shuffle

- 1-2 Cross step R over L, Step L Together
- 3&4 Cross step R over L, step L together, step R Cross
- 5-6 Rock L To the Left side , recover weight on R
- 7&8 Cross step L over R, step R together, step L Cross

[9-16] Walk Backx3(R-L-R), L Heel Down Forward, L Step Forward, R together, L Step, R Touch

- 9-11 Step R Back, step L Back, step L Back

12-13L Heel Down Forward, L Step

14R Step next to L

15-16L Step Forward, R Touch next to L

[17-24] Point to right side, Touch next to L, Point, Hitch, Jazz Box Turn 1/4 to the right

17-18R Touch To The Right side , R Touch next to L

19-20R Touch To The Right side, Hitch R knee up

- 21-24 Step R across L, Step L back, Turn R 1/4 Step R Forward ,Touch L next to R

[25-32] L Kick Ball Out Step, Touch Back Turn 1/2 to Left, Out Step R- L, Bounce

25&26L Kick , Step down on ball of L. R out Step

- 27-28 Back Turn 1/2 to the left (weight on L)

29-30 Out Step (R-L)

31-32 Bounce heels (Up-Down)