

# BAD MAMA JAMA

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**Count:** 64      **Wall:** —      **Level:** —

**Choreographer:** Rose Grant

**Music:** She's A Bad Mama Jama by Carl Carlton

## INTRO

### APPLEJACKS STARTS ON 33RD BEAT

- 1-4      Two left applejacks, two right applejacks
- 5-8      Two left applejacks, one right applejack, one left applejack
- 9-12     Two right applejacks, two left applejacks
- 13-16   Two right applejacks, one left applejack, one right applejack

## THE MAIN DANCE

### KICK-PULL TOUCHES

- 1-2      Touch right heel forward, step right together with left
- 3&4     Kick left foot forward, pull left foot back, touch left beside right
- 5-6      Touch left heel forward, step left together with right
- 7&8     Kick right foot forward, pull right foot back, touch right beside left
- 9-16     Repeat steps 1-8

## SWAYS

- 17-18   Sway forward on right on a 45 degree angle, sway back on left (weight on left)
- 19-20   Sway back on right on a 45 degree angle, sway forward on left (weight on left)
- 21-22   Sway forward on right on a 45 degree angle, sway back on left (weight on left)
- 23-24   Sway back on right on a 45 degree angle, sway forward on left (weight on left)

### SWIVEL-TOUCHES: (SYNCOATED STEPS)

**NOTE: Left & right movements are synchronized (working together)**

- 25-28   Left foot: traveling left: swivel left heel-toe, heel-toe, heel-toe, heel

**Right foot: touch right toe to the floor on left heel swivels, hitch right knee on toe swivels for 3 beats (touch right behind left for 4th beat )**

## HI-JACKS

**NOTE: Left & right movements are synchronized (working together)**

**29-36** Left foot: 8 swivels in place; left, right, left, right, left, right, left, right

**Right foot: 2 touches forward, 2 touches back, 1 touch forward, 1 touch back, 1 touch side, cross right over left (weight on it)**

**37-48** Repeat 25-36 for the right

## MONTEREY TURNS

**49-50** Kick right leg to the side, cross over left (weight on it)

**51-52** Touch left toe to the left side,  $\frac{1}{2}$  turn left and step on left

**53-56** Repeat steps 49-52

## HIP ROLLS (1/8 TURNS)

**57-58** Step forward on right, roll hips while turning  $\frac{1}{8}$  turn to the left

**59-60** Step forward on right, roll hips while turning  $\frac{1}{8}$  turn to the left

**61-62** Step forward on right, step left a cross right (weight on left)

**63-64** Long step back on the right, step left beside right & clap.

## REPEAT