

BAHAMA MAMA

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Record: Special Pressing. Flip "Jasmine" Contact choreographers or Palomino Records
Sequence: INTRO A B A INT A B A ENDING
Rhythm/Phase Rating: Cha Cha Phase IV & 2 (Op Hip Twist, Cuban Breaks) Recommended speed: 41-42 Rpm's
Footwork: Opposite throughout. W's in parentheses when different

INTRO

- 1 - 4** **WAIT; WAIT; MARCHESSI (MOD);;**
1-2 In VARS both fcg Wall with L free for both wait 2 meas;;
3-4 Press L heel fwd shifting weight to cause R ft to slightly release from floor, rec to R in place. press L toe bk shifting weight to cause R ~ to slightly release from floor, rec to R in place: Repeat:
- 5-8** **BASIC;; W LARIAT TO LH STAR;;**
5-6 Rk fwd Wall L, rec R, bk L/cl R, bk L; Rk bk COH R, rec L, fwd R/cl L, fwd R;
7-8 Keeping all hnds joined small rk sd LOD L, rec R, in place L/R. L (W fwd circle LF arnd M L, R, L/R,L passing L shoulders causing joined R hnds to pass over M's head to end with W behind M both fcg Wall); Releasing L hnds small rk sd RLOD R, rec L, in place R/L, R trng slightly RF to DWR (W cont LF circle arnd M R, L, R/L,R passing M's R shoulder & W's L shoulder to end with W fcg DC releasing R hnds and joining L hnds in a LH Star);
- 9 -12** **PATTY CAKE: DO SI DO;; PATTY CAKE;**
9 Both rk fwd L outsd ptr, rec R, release hnds and step sd L/cl R, sd L sliding across front of ptr to end fcg wall (W fcg COH) with W twd R sd of M and no hnds joined; [*Option: Either or both ptrs can spin LF over beats 3 & 4*]
10-11 Passing R shldr both fwd R, fwd L, slide behind ptr stepping sd P/cl L, sd R: Passing L shldr both bk L. bk R. slide in front of ptr stepping sd L/cl R, sd L joining R hnds in RH Star;
12 Both rk fwd R outsd ptr, rec L, release hnds and step sd R/cl L. sd R sliding across front of ptr to end fcg Wall (W fcg COH) with W twd L sd of M and no hnds joined: [*Option: Either or both ptrs can spin RF over beats 3 & 4*]
- 13-16** **DO SI DO;; PATTY CAKE {2X} {W TRANS};;**
13-14 Passing L shldr both fwd L, fwd R, slide behind ptr stepping sd L/cl R, sd L; Passing R shldr both bk R, bk L, slide in front of ptr stepping sd R/cl L, sd R joining L hnds in LH Star;
15 Repeat meas 9 of INTRO ending in RH Star;
16 Both rk fwd R outsd ptr, rec L, release hnds and step sd R/cl L, sm sd R (W rk fwd R outsd ptr, rec L, sd LOD R, cl L) to Bfly Wall;

PART A

- 1-4** **FWD BASIC; FAN TO FC; NYER (W TRN TO MOD WRAP); CUCARACHA;**
1 In Bfly Wall rk fwd L, rec R, sd & bk L/cl R, sd & bk L;
2 Rk bk R, rec L trng LF to fc LOD, small sd & fwd R/cl L, small sd R (W fwd L twd M, sd LOD R trng LF to fc PLOD, bk & sd L/cl R, bk & sd L) to end in LOP fcg pos with M fcg LOD;
3 Trng RF (W LF) to LOP Wall rk fwd L, rec R trng LF to fc LOD (W commence RF tin), leaving joined hnds low step in place L/R, L (W trn 1F2 RF R/L, R) to end both fcg LOD with W in front of M and M's L & W's R hnds still joined across front of W and M's R hand at W's R sd and W's L arm folded across body;
4 Rk sd R twd Wall (W rk sd L twd COH), rec L, step in place R./L,R;

5 - 8

CUCARACHA (W ROLL TO COH); WALK 2 & CHA; NYER; U/A TRN;

- 5 Rk sd L COH, rec R, step in place L/R,L (W rk sd R Wall. rec L commencing LF roll twd COH leaving M's L & W's R hnds joined, cont LF roll twd COH R/L, R) to end in LOP both fcg LOD;
- 6 Walk fwd LOD R, L, fwd R/lk LIB (both lk IB), fwd R;
- 7 Rk fwd L LOD. rec R trng LF (W RF) to fc ptr, sd RLOD L/cl R, sd L:
- 8 Rk bk R under body, rec L, sd R/cl L, sd R (W step thru PLOD L commencing to trn RF under joined M's L & W's R hnds, rec R cont trn to fc ptr. sd LOD L/cl R. sd L) to LOP fcg pos COH.
[Note: 2nd & 4th times thru PART A commence fcg COH instead of Wall. All facing directions are reversed. 2nd time thru PART A end in SCP LOD]

PART B

1-4

OP HIP TWIST; FAN; ALEMANA FROM FAN::

- 1 Lowering joined lead hnds to hip level rk fwd COH L, rec R, small bk L/cl R. step in place L (W rk bk R, rec L. small fwd R/cl L, fwd R trn ¼ RF):
- 2 Bk R. rec L sd R/cl L, sd R (W fwd L RLOD. fwd R trn ½ LF, bk & sd L/cl R. bk & sd L);
- 3-4 Rk fwd L, rec R. in place L/R, L (W close R. fwd L, fwd RA., R ring ¼RF to fc ptr); Rk bk R, rec L, small sd R cl L. sd R (W fwd L crossing IF of R trng RF. fwd R cont trn to fc ptr. sd L/cl R. sd L) to LOP fcg pos COH:

5-8

OP BREAK TO BFLY; CRAB WALK WITH CUBAN BREAK; DBL CUBAN; SPOT TRN:

- 5 Strong rk apt L raising free arms straight up with palms fcg LOD. rec R lowering free arms. sd RLOD L blending to Bfly/cl R. sd L;
- 6 Staying in Bfly XRIF of L (both XIF), sd RLOD L. XRIF of L (both XIF):rec L, sd LOD R:
- 7 Staying in Bfly XLIF of R (both XIF), rec R, rk sd RLOD L/rec R, XI.IF of R (both XIF)/rec R, sd RLOD L:
- 8 XRIF of L commencing LF trn (W RF) releasing hnds, rec L cont trn to fc ptr, sd LOD R/cl L. sd R to Bfly COH:

INTERLUDE

1-3

PRETZEL TRN:::

- 1-3 In SCP fcg LOD rk bk RLOD L, rec R commencing RF (W LF) trn in twd ptr, chasse sd & fwd L LOD cl R. sd & bk LOD L leaving M's L & W's R hnds joined and releasing contact with other hnds to end both fcg PLOD: Cont RF trn (W LF) stepping bk & sd LOD R still leaving M's L & W's R hnds joined cl L, sd & fwd LOD R to end both fcg LOD with M's L & W's R hnds joined low behind backs, rk fwd LOD L extending free M's R & W's L hnds thru twd LOD. rec R commencing to unwind trng LF (W RF); Sd RLOD L/cl R, sd L cont trn to fc ptr, sd RLOD R/cl L, sd R to Bfly Wall;

ENDING

1-3

FWD BASIC (W WRAP); BK BASIC (W STAY WRAPPED); PRESS AND HIP BUMPS;

- 1 In Bfly Wall rk fwd L, rec R (W rec L commencing to trn LF), step in place L/R, L (keeping all hnds joined W step fwd twd M R/L,R continuing LF trn under M's L & W's R) to Wrap pos both fcg Wall with W on M's R K!;
- 2 Staying in Wrap pos rk bk COH R, rec L, fwd Wall R/cl L, R;
- 3 Press ball of L fwd twd Wall lowering in bk leg, bump hips/swing hips away from ptr, bump hips,-;