

BAHAMA MAMA

Music: Boney M
<https://www.youtube.com/watch?v=8N5NgZa9ldE>
Vinyl 7": www.discogs.com/release/8060894-Boney-M-Bahama-Mama
Time 3:36 Available from choreographer

Rhythm: Cha Cha **Phase:** IV+2 (Parallel Breaks+DBL Cuban Break) + U

Footwork: Opposite except where (Noted)

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Sequence: INTRO AB BRIDGE #1 AB(1-4) A(9-16) B BRIDGE # 2 A(1-8) END



INTRO

01-04 BFLY POS WALL LEAD FOOT FREE WAIT TWO MEASURES ; ; TIME STEP TWICE ; ;

{Wait} Bfly Pos Wall ld ft free wt 2 meas ; ; {Time Step x 2} XLib (W XRib), rec R, sd L/cl R, sd L ; XRib (W XLib), rec L, sd R/cl L, sd R BFLY WALL ;

05-08 BASIC ; ; HAND to HAND TWICE ; ;

{Basic} Rk fwd L, rec R, sd L/cl R, sd L ; Rk bk R, rec L, sd R/cl L, sd R to BFLY WALL ; {Hand to Hand x 2} XLib (W XRib) trng to OP, rec R to BFLY, sd L/cl R, sd L ; XRib (W XLib) trng to LOP, rec L to BFLY, sd R/cl L, sd R ; to BFLY WALL, - ;

09-12 CONTINUOUS CHASE w/ UNDERARM PASS & W PEEKS ; ; ;

{Continuous Chase w/ Underarm Pass & W Peeks} Fwd L trng ½ RF keepg ld hnds jnd behind M, rec R, fwd L/lk Rib, fwd L (W bk R, rec L, fwd R/lk Lib fwd R, twds M's lft sd) ; Bk R raisg jnd ld hnds, rec L, sd R/cl L, sd R (W fwd L, fwd R trng ½ LF under jnd ld hnds, sd L/cl R contg to trn ½ LF, sd L) to TAND COH w/ ld hnds still jnd above the head W ; {W Peeks x 2} Sd L, rec R, sd L/cl R, sd L (W sd R trng ¼ LF & lookg ovr lft shldr, rec L to Tandem, sd R/cl L, sd R) ; Sd R, rec L, sd R/cl L, sd R (W sd L trng ¼ RF & lookg ovr rt shldr, rec R to Tandem, sd L/cl R, sd L) ;

13-16 CONTINUE ; ; ; W SWIVEL to FACE ;

{Continue} Fwd L trng ½ RF keepg ld hnds jnd behind M, rec R, fwd L/lk Rib, fwd L (W fwd R trng ½ LF, fwd L, fwd R/lk Lib fwd R, twds M's lft sd) ; Repeat meas 10,11 Intro to TAND WALL ; ; {W Swivel to Face} Sd R, rec L, sd R/cl L, sd R (W sd L swivg ¼ RF & lookg ovr rt shldr, rec R swiv ½ RF, sd L/cl R, sd L) to BFLY WALL ;

PART A

01-04 OP BREAK ; WHIP to L-OP LOD ; OPPOSITE X-CHECK & CHANGE SIDES ; START DO-SI-DO ;

{OP Break} Strong bk L (W strong bk R) xtndg trl hnd straight up, rec R, sd L/cl R, sd L ; {Whip to L-OP LOD} Bk R trng ¼ LF, rec L, fwd R/lk Lib, fwd R (W fwd L outsd on M's lft sd, fwd R trng ½ LF, fwd L/lk Rib, fwd L) to LOP LOD, - ; {Opp X-Check & Chng Sides} XLib (W XRif) w/ bent knee, rec R, Xg bhnd W sd L/cl R, sd L ; {Start Do-Si-Do} Fwd R, L, Xg ifo W sd R/cl L, sd R ;

05-08 FINISH DO-SI-DO ; OPPOSITE X-CHECK to FACE ; KICK to 4 TWICE ; ;

{Finish Do-Si-Do} Bk L, R, Xg bhnd W sd L/cl R, sd L ; {Opp X-Check to Fc} XRif (W XLif) w/ bent knee, rec L, sd R/cl L, sd R trng to fc Ptr & Bfly ; {Kick to 4 x 2} Swvlg RF on R ft kck L thru twd RLOD, swvlg LF on R ft fold L leg at knee to form figure 4, twd LOD fwd L/lk Rib, fwd L ; Swvlg LF on L ft kck R thru twd LOD, swvlg RF on L ft fold R leg at knee to form figure 4, twd RLOD fwd R/lk Lib, fwd R to rt Hndhk WALL ;

09-12 SHADOW BACK BREAK to OP LOD ; TWO PARALLEL BREAKS to OP LOD ; ; FORWARD FACE CLOSE ;

{Shad Bk Break to OP LOD} [w/ rt hndshk] XLib (W XRib) trng to OP LOD, rec R, fwd L/lk Rib, fwd L twd OP LOD, - ; {2 Parallel Breaks} w/ rt hndshk Rk bk R leadg W across in front, rec L, fwd R/lk Lib, fwd R to fc Line (W fwd L trng ¼ Lf ifo M, fwd R trng ½ Lf to LOP LOD, fwd L/lk Rib, fwd L) [Similar to W whip action], - ; Fwd L trng ¼ Lf ifo W, fwd R trng ½ Lf to OP LOD, fwd L/lk Rib, fwd L (W rk bk R allowg M to pass across in front, rec L, fwd R/lk Lib, fwd R) to OP LOD, - ; {Fwd Fc Cl} Fwd R, fwd & sd L trng to fc ptr, ipl R, L, R to BFLY WALL, - ;

13-16 FULL TURN CHASE M & W ; ; DOUBLE CUBAN BREAKS LEFT & RIGHT ; ;

{Full Trn Chase M & W} [Relsg hnds] Fwd L trn ½ RF, rec R cont trn ½ RF, bk L/lk Rif, bk L (W bk R, rec L, fwd R/lk Lib, fwd R), - ; Bk R, rec L, fwd R/lk Lib, fwd R (W fwd L trn ½ RF, rec R cont trn ½ RF to fc ptr, bk L/lk Rif, bk L) to BFLY WALL ; {DBL Cuban Breaks L & R} [1&2&3&4; 1&2&3&4] XLif (W XRif)/rec R, sd L/ rec R, XLif (W XRif)/rec R, sd L ; XRif (W XLif)/rec L, sd R/rec L, XRif (W XLif)/rec L, sd R to BFLY WALL ;

BRIDGE #1

01-03 ONE TRAVELING DOOR ; To RLOD VINE 4 ; ONE TRAVELING DOOR ;

{**One Traveling Door**} Rk sd L, rec R, XLif (*W XRif*)/sd R, XLif (*W XRif*) ; {**To RLOD Vine 4**} [QQQQ] Sd R, XLib (*W XRib*), sd R, XLif (*W XRif*) ; {**One Traveling Door**} Rk sd R, rec L, XRif (*W XLif*)/sd L, XRif (*W XLif*) to BFLY WALL ;

PART B

01-04 NEW YORKER ; WHIP to COH ; NEW YORKER ; WHIP to WALL [2^{de} TIME: rt Hndshk] ;

{**New Yorker**} Thru L w/ straight leg to LOP RLOD, rec R to fc WALL, sd L/cl R, sd L to BFLY WALL, - ; {**Whip**} Bk R trng LF & ldg W acrs, rec L contg LF trn, sd R/cl L, sd R (*W fwd L trng LF & Xg ifo M, fwd & sd R contg LF trn, sd L/cl R, sd L*) to BFLY COH ; {**New Yorker**} Thru L to LOP LOD, rec R to fc, sd L/cl R, sd L ; {**Whip to WALL**} Repeat meas 2 Part B to BFLY WALL [2^{de} Time: rt Hndshk] ;

05-08 TWIRL/VINE 2 & CHA ; SPOT TURN ; SHOULDER to SHOULDER TWICE ; ;

{**Twirl Vine 2 & Cha**} Raise ld hnds & rel trl hnds sd L, XRib, sd L/cl R, sd L (*W fwd R begin RF twirl under ld hnds, cont twirl fwd L to BFLY, sd R/cl L, sd R*) ; {**Spot Trn**} [rel both hnds] XRif (*W XLif*) trng ½ LF, rec L contg to trn to fc ptr, sd R/cl L, sd R to rt BFLY WALL ; {**Shoulder to shldr x 2**} Fwd L to SCAR, rec R to fc, sd L/cl R, sd L ; Fwd R to BJO, rec L to fc, sd R/cl L, sd R to BFLY WALL ;

BRIDGE #2

01-02 TIME STEP TWICE ; ;

{**Time Step x 2**} Repeat meas 3,4 Intro ; ;

ENDING

01-03 TIME STEP TWICE ; ; SIDE CLOSE & STEP APART ;

{**Time Step x 2**} Repeat meas 3,4 Intro ; ; {**Sd Cl & Step Apart**} [QQQ] Sd L, cl R relsg ld hnds, apt L extend ld hnds up & out ;