

The Bam-a-shag

BEGINNER

32 Count 2 Walls

Choreographed by: Dusty Miller & Gloria Johnson

Choreographed to: Dancin',

Shaggin' On The Boulevard by Alabama

FORWARD SHUFFLE, TRIPLE-STEP IN PLACE

- 1 & 2 Shuffle forward stepping on right, left, right
3 & 4 Triple-step in place stepping on left, right, left

CROSS-ROCK, TRIPLE-STEP IN PLACE

- 5,6 Rock step right over left; step left in place swinging right back over left
7 & 8 Triple-step in place stepping on right, left, right
9,10 Rock-step left over right; step right in place while swinging left back over right
11 & 12 Triple-step in place stepping on left, right, left

ROCKING 1/4 TURN

- 13 Rock step right foot to right side (weight changes to right foot) pivoting 1/4 turn left on ball of right foot
14 Step left foot in place
15 Rock step right foot to right side
16 Rock weight back onto left foot

SHUFFLE, 1/2 TURN

- 17 & 18 Shuffle forward on right, left, right
19,20 Step left foot forward; pivot 1/2 turn to the right

SHUFFLE, SHUFFLE

- 21 & 22 Shuffle forward on left, right, left
23 & 24 Shuffle forward on right, left, right

1/2 TURN, SHUFFLE

- 25,26 Step forward on left foot; pivot 1/2 turn to the right
27 & 28 Shuffle forward on left, right, left

ROCKING 1/4 TURN

- 29 Rock step right foot to right side (weight changes to right foot)
& Pivot 1/4 turn left on ball of right foot
30 Step left foot in place
31 Rock step right foot to right side
32 Rock weight back onto left foot

REPEAT