

One Bad Mama

Competition Step Sheet

DIVISION: Newcomer

Description: 32 Counts, 2 Walls, Smooth (WCS), Non-Country
Choreographer: Lee Easton
Music: She's A Bad Mama Jama by Carl Carlton
Count-in: 48 Count Intro



1-8 Inside out Whip, Cross, 2 x Walks, Turning Triple, Full Turn, Turn & Cross

1,2 Step R forward, Step L forward (prep to turn)
3&4 Step R back ½ turn L, Close L to R, Step R forward (face 6.00 prep to turn)
5,6 Step L back ½ turn R, Step R forward ½ turn R (face 6.00)
7&8 Step L in place ½ turn R, Step R in place, Cross L over R

9-16 Scissor Steps, Walk, Walk, Triple step

1&2 Step ball R to R side, Close L to R, Cross R over L
3&4 Step ball L to L side, Close R to L, Cross L over R
5,6 Step R forward, Step L forward
7&8 Step R small step forward, Replace weight L, Step R behind L

17-24 Slide, Ball change, 4 x Groove walks

1,2,3 Step LF a long step back, Drag R to toward L, Continue to drag R towards L
&4 Step ball R behind L, Step L in place
5 Push out ball L, step R forward fanning both toes
6 Push out ball R, step L forward fanning both toes
7 Push out ball L, step R forward fanning both toes
8 Push out ball R, step L Side fanning both toes

25-32 2 x Sailor Steps, 4 x Walks

1&2 Step R behind L, Step L to L side, Step R in place
3&4 Step L behind R, Step R to R side, Step L in place
5 Cross R over L
6 Step L forward ¼ turn L (face (9.00))
7 Step R forward
8 Cross L over R ¼ turn L (face 6.00)