Bama

Count: 32	**Wand:** 4	**Ebene:** Low Intermediate	

Choreograf/in: Lindsay Stamp (USA) - December 2022
Musik: Ala-Damn-Bama - Martin McDaniel

#24 count Intro

(1-8) Right Foot Lead (Step over rock out, Step over rock out, Box w/ a triple on the end to turn ¾ clockwise.)

1, 2&	Step R across L, Rock out to the L with L foot & recover to R.
3, 4&	Step L across R, Rock out to the R with R foot & recover to L.
5, 6	Step R over left, Step back with L turning ¼ clockwise
7, &8	Triple step R, L, R turning remaining ½ clockwise

(9-16) Left Foot Lead (Toe touch L, Toe touch R, Rock forward L recover R then L, Rock forward R recover then R.)

1, 2	Toe touch L, bring L heel down
3, 4	Toe touch R, bring R heel down
5, 6 &	Rock forward L, recover R, step L next to R
7, 8 &	Rock forward R, recover L, step R next to L

(17-24) Left Foot Lead (Pivot ½ , ¼ turn into a vine, Bump 2x on the last step, turn ½ bump twice.)

1, 2	Step L forward pivoting 1/2 clockwise & bring weight forward to R foot.
3, 4	Step L ¼ clockwise out to L, Step R behind L
5 & 6	Step L out to L bumping hips left, right, left
7 & 8	Step R ½ counter-clockwise, bumping hips right, left, right

(25-32) Left Foot Lead (Sailor step, Sailor step, Push with left foot ¾ clockwise.)

1 & 2	Step L behind R, Step R to R, Step L to L
3 & 4	Step R behind L, Step L to L, Step R to R
5, 6, 7, 8	Using L foot "push" four times turning ¾ clockwise and Step down on the last count on the L foot for 8

Tag: 4 Counts (Box step starting on R.)

1, 2, 3, 4	Step R over left, Step L back, Step R next to L, Step slight forward L

Tag occurs one time on wall 5 before starting the next rotation of the dance

Restart - The restart occurs 8 counts in to the 9th rotation of the dance (The second time you come back to the front wall). It is directly after you make the first ¾ turn. Start from the beginning of the dance

Last Update - 14 Dec. 2022 - R1