

# Damn Bama

**Count:** 32

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Em Downs (USA) & Donald Spellman (USA) - December 2022

**Music:** Ala-Damn-Bama - Martin McDaniel



## #24 count intro

### [1-8] RIGHT HEEL, LEFT HEEL, RIGHT TURN, HIP SHAKES

1 2 R heel L heel  
3 4 R cross turn 360  
5 6 7 8 R hip shake L hip shake

### [9-16] STEP CROSS, STEP CROSS, ROCK, STEP CROSS, STEP CROSS, QUARTER TURN

&12&34 R side step L cross over hold R side step L cross over R step side rock  
&56&78 L recover R cross over hold L side step R cross left quarter turn L step together

### [17-24] RIGHT SIDE SWEEP, LEFT SIDE SWEEP, RIGHT SIDE SWEEP, LEFT SIDE SWEEP, RIGHT KNEE POP, LEFT KNEE POP, STEP BACK, STEP FORWARD, STEP TOGETHER

1234 R side sweep back L side sweep back R side sweep back L side sweep back  
5&6&78 R knee pop L knee pop L rock step back R step forward L step together

### [25-32] LEFT SAILOR STEP, RIGHT SAILOR STEP, RIGHT KICK STEP TOUCH, LEFT KICK STEP TOUCH

1234 Sailor step left, Sailor step right  
5&6&7&8 R kick step L touch L kick step R touch

## \*\*2 restarts

First restart is on wall 1 after 1st chorus

Second restart is on wall 1 after the bridge, before the chorus restarts after your 2 hips swings

Last Update: 14 Dec 2022

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