

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&67&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
