

Ala-Damn-Bama

Count: 32

Wall: 4

Level: High Beginner

Choreographer: Dave Andrew (USA) - December 2023

Music: Ala-Damn-Bama - Martin McDaniel



#6-bar intro; start with vocals

(1–8) SIDE SHUFFLE, ROCK, RECOVER, WALKING U-TURN

- 1&2 Shuffle RLR to R
- 3, 4 Rock LF behind RF with $\frac{1}{4}$ turn L, recover RF in place with $\frac{1}{4}$ turn R
- 5, 6, 7, 8 Walk LF, RF, LF, RF in U-turn to L (6:00)

(9–16) SIDE SHUFFLE, ROCK, RECOVER, TURNING JOG

- 1&2 Shuffle LRL to L
- 3, 4 Rock RF forward with $\frac{1}{4}$ turn L, recover LF in place with $\frac{1}{4}$ turn R
- 5&6&7&8 Jog RLRLRLRL in tight $\frac{1}{4}$ turn to R (9:00)

(17–24) TRIPLE STEP, SYNCOPATED KICK-BALL-CHANGE, HIP SWINGS

- 1&2 Triple step forward RLR
- 3 Kick LF forward
- 4&5 Step LF back, step RF beside LF, hold 5
- &6 Jump LF forward, step RF beside LF
- 7, 8 Swing hips R, L

(25–32) STEP TURNS

- 1, 2 Step RF to R turning $\frac{1}{4}$ R, touch LF beside RF
- 3, 4 Step LF to L turning $\frac{1}{2}$ L, touch RF beside LF
- 5, 6, 7, 8 Step RF to R turning $\frac{1}{4}$ L, step LF to L turning $\frac{1}{4}$ R, step RF to R turning $\frac{1}{4}$ L, step LF to L turning $\frac{1}{4}$ R (9:00)

REPEAT ENTIRE DANCE

TAG 1 (after wall 4, just after Chorus 1):

- 1,2,3,4 Walk RF, LF, RF, LF in place turning 360 degrees clockwise

TAG 2 (after wall 8, just after instrumental after Chorus 1):

- 1&2 Shuffle RLR to R
- 3, 4 Rock LF behind RF with $\frac{1}{4}$ turn L, recover RF in place with $\frac{1}{4}$ turn
- 5, 6 Step L fwd, $\frac{1}{2}$ pivot turn R (weight to RF)
- 7&8 Front coaster step LRL

TAG 3 (after wall 10, at end of song—"Lordy, those kisses were sweet"):

Repeat beats 1–8; then:

- 1&2 Shuffle LRL to L
- 3, 4 Rock RF forward with $\frac{1}{4}$ turn L, recover LF in place with $\frac{1}{4}$ turn R
- 5&6&7 (on "sweet"): Jog RLRLR in place without turn

END

Last Update: 13 Jan 2024