

# Ala-Damn-Bama

Compte: 32

Mur: 4

Niveau: High Beginner

Chorégraphe: Dave Andrew (USA) - December 2023

Musique: 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