

Bama

拍数: 32 墙数: 4 级数: Low Intermediate
编舞者: Lindsay Stamp (USA) - December 2022
音乐: 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 $\frac{3}{4}$ 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 $\frac{1}{4}$ clockwise
7, &8 Triple step R, L, R turning remaining $\frac{1}{2}$ 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 $\frac{1}{2}$, $\frac{1}{4}$ turn into a vine, Bump 2x on the last step, turn $\frac{1}{2}$ bump twice.)

1, 2 Step L forward pivoting $\frac{1}{2}$ clockwise & bring weight forward to R foot.
3, 4 Step L $\frac{1}{4}$ clockwise out to L, Step R behind L
5 & 6 Step L out to L bumping hips left, right, left
7 & 8 Step R $\frac{1}{2}$ counter-clockwise, bumping hips right, left, right

(25-32) Left Foot Lead (Sailor step, Sailor step, Push with left foot $\frac{3}{4}$ 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 $\frac{3}{4}$ 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 $\frac{3}{4}$ turn. Start from the beginning of the dance

Last Update - 14 Dec. 2022 - R1