

Ala-Damn-Bama

COPPER KNOB
STEPSHEETS

拍数: 48 墙数: 4 级数: High Beginner
编舞者: Diana Oglesby (USA) - December 2022
音乐: Ala-Damn-Bama - Martin McDaniel



Intro: 24 Counts, start with weight on L

*1 Restart on wall 3, facing 6:00 (with step change)

S1 (1-8) ROCK R BACK, RECOVER, R FWD SHUFFLE, L FWD, TOUCH R, TURN ¼ R AND STEP R FWD, TOUCH L

1-2-3&4 Rock R back (1), recover to L (2), step R forward (3), step L together (&), step R forward (4)
5-8 Step L forward (5), touch R together (6), turn ¼ R and step R forward (7), touch L together (8) (3:00)

S2 (9-16) ROCK L BACK, RECOVER, L FWD SHUFFLE, ¼ R TURNING JAZZ BOX-CROSS

1-2-3&4 Rock L back (1), recover to R (2), step L forward (3), step R together (&), step L forward (4)
5-8 Cross R over (5), step L back (6), turn ¼ R and step R side (7), cross L over (8) (6:00)

S3 (17-24) STEP R SIDE, TOUCH L, STEP L SIDE, TOUCH R, ROCK R BACK, RECOVER, R FWD SHUFFLE

1-4 Step R side (1), touch L together (2), step L side (3), touch R together (4)
5-6-7&8 Rock R back (5), recover to L (6), step R forward (7), step L together (&), step R forward (8)

S4 (25-32) ½ L TURNING JAZZ BOX-CROSS, ROCK L SIDE, RECOVER, EXTENDED VINE TO R

1-4 Cross L over (1), step R side (2), turn ½ L and step L forward (3), cross R over (4)
5-8 Rock L side (5), recover to R (6), cross L behind (7), step R side (8) (12:00)

S5 (33-40) CONTINUE EXTENDED VINE TO R, ROCK L OVER, RECOVER, ROCK L OVER, RECOVER

1-4 Cross L over (1), step R side (2), cross L behind (3), step R side (4)

*Restart here on wall 3, with step change. See instructions, below.

5-8 Rock L over (5), recover to R (6), rock L over (7), recover to R (8)

S6 (41-48) L HITCH FWD, ¼ TURN L AND STEP L SIDE, CROSS R BEHIND, L SIDE, CROSS R OVER, ROCK L, RECOVER, L BACK COASTER

1-2-3&4 L hitch forward (1), turn ¼ L and step L side (2), cross R behind (3), step L side (&) cross R over (4) (9:00)

5-6-7&8 Rock L side (5), recover to R (6), step L back (7), step R together (&), step L forward (8)

REPEAT

*1 Restart on wall 3 after 32 counts, and step change.

Step-change before restart – on wall 3, at the end of the extended vine (S5, steps 1-4), instead of stepping R side on step 4, touch R together to prepare your R foot to rock back at the restart.

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