

# 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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