

# Ala-Damn-Bama

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: High Beginner  
編舞者: Dave Andrew (USA) - December 2023  
音樂: 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