

# 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**