# Damn-Bama



拍數: 32 牆數: 4 級數: Beginner

編舞者: Madison Spears (USA) - April 2025 音樂: Ala-Damn-Bama - Martin McDaniel



#### \*1 Tag - 1 Restart

Tag Timing - Tag happens at the end of Wall 4, right before you start Wall 5 at the front wall. Tag is done facing the front Wall.

## SECTION 1: Cross, Side, Behind, Point, Cross, Side, Behind, Point

- 1 Cross L foot over R foot
- 2 Step R foot to R
- 3 Cross L foot behind R foot4 Point R foot to R side
- 5 Cross R foot over L foot
- 6 Step L foot to L
- 7 Cross R foot behind L foot
- 8 Point L foot to L side

# SECTION 2: Front Kick, L Side Kick, L Coaster Step, Front Kick, R Side Kick, R Coaster Step

- 1 Kick L foot forward2 Kick L foot to L side
- 3&4 Step L foot back, bring R foot to L foot, Step L foot forward
- 5 Kick R foot forward6 Kick R foot to R side
- 7&8 Step R foot back, bring L foot to R foot, Step R foot forward

# SECTION 3: Rock, Shuffle Back, Back Rock, Shuffle Forward

- 1 Rock L foot forward2 Recover on R foot
- 3&4 Step L foot back, Bring R foot to L foot, Step L foot back
- 5 Rock R foot back6 Recover on L foot
- 7&8 Step R foot forward, Bring L foot to R foot, Step R foot forward

#### SECTION 4: 3/4 Paddle Turn, Point R, Cross & Unwind, Hold

- 1-2 Press L foot in front of you and push off the toes to turn ¼ turn R
- 3-4 Press L foot in front of you and push off the toes to turn ½ turn R

### \*These turn amounts do not have to be perfect. As long as you paddle twice and make a ¾ turn, it's fine!

- 5 Point R foot to R
- 6 Cross R foot over L foot
- 7 Unwind from the cross position, which would be ½ turn over L shoulder
- 8 Hold (make sure L foot is ready to cross at beginning of dance)

#### TAG: Jazz Square

- 1 Cross R foot over L foot
- 2 Step L foot back
- 3 Bring R foot to R shoulder width apart
- 4 Tap L foot to R foot (do NOT put weight on L foot as it needs to cross next)

<sup>\*\*</sup>RESTART happens here on Wall 9!

