

# Alberta

Count: 48

Wand: 4

Ebene: Improver west coast swing

Choreograf/in: Carol Jorgensen (USA)

Musik: Alberta - Eric Clapton



After the "false start" in the music, count to 3 and begin with the instrumental

## WALK, WALK, TRIPLE IN PLACE, LEFT AND RIGHT SAILORS

- 1-2 Right foot walk forward, left foot walk forward
- 3&4 Triple in place (right-left-right) with ball of right foot behind heel of left foot
- 5&6 Left foot sailor shuffle (left-right-left)
- 7&8 Right foot sailor shuffle (right-left-right)

## ROCK STEP, COASTER, ROCK STEP, SWEEP ½ TURN TO COASTER

- 1-2 Left foot rock forward, recover to right foot
- 3&4 Coaster (left foot step back, right foot step next to left foot, left foot step forward)
- 5-6 Right foot rock forward, recover to left foot
- 7&8 Right foot sweep ½ turn to right into coaster step (right-left-right) (to 6:00)

## ½ WALKAROUND TURN, FULL TURN TO LEFT, TRIPLE, BACK ROCK

- 1-2 Left foot step forward, turn ½ to right, step onto right foot (to 12:00)
- 3-4 Full turn to right, progressing slightly forward, left foot back, right foot forward
- 5&6 Triple in place, left-right-left
- 7-8 Back rock step, right-left

## SYNCOPATED TOE TOUCHES, TRIPLE FORWARD, ROCK STEP, ½ SWEEP TO COASTER

- 1&2& Right toe touch forward, step back; left toe touch forward, step back
- 3&4 Triple forward (right-left-right)
- 5-6 Forward rock step (left foot-right foot, sweeping left foot around to coaster)
- 7&8 Coaster (left foot step back, right foot step next to left foot, left foot step forward) (to 6:00)

## SIDE ROCK, SAILOR, ¼ TURNING SAILOR, ¼ TURNING ROCK STEP

- 1-2 Right foot rock to right, recover to left foot
- 3&4 Left foot sailor shuffle (right-left-right)
- 5&6 Right foot sailor shuffle (left-right-left), turning ¼ to left (9:00)
- 7-8 Right foot rock forward, recover to left foot with ¼ turn left (12:00)

## WALK, WALK, COASTER, LEFT FOOT FORWARD ROCK STEP, ¼ TURNING SAILOR

- 1-2 Right foot walk forward, left foot walk forward
- 3&4 Coaster back: right foot step back, left foot step next to right foot, right foot step forward
- 5-6 Left foot rock forward, recover to right foot
- 7&8 Triple in place (left-right-left), turning ¼ left to 9:00\*

REPEAT

ENDING

The sixth and last time you do the dance, you will be facing 9:00 prior to the 7&8 count triple turn at the end of the set. Instead of a ¼ turn here, make a ¾ turn to end the dance facing front (12:00)