

# Alabama

**COPPER KNOB**  
STEPPERS

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Robbie Carrington (USA) - September 2016

**Music:** Sweet Home Alabama - Lynyrd Skynyrd



## Start On 32 Count Just Before vocals

### [1 - 8] RIGHT ROCK ACROSS, RECOVER, CHA, LEFT ROCK ACROSS, RECOVER, CHA

- 1 - 2 Cross right over left, Recover left
- 3 & 4 Side cha (right, left, right)
- 5 - 6 Cross left over right, Recover right
- 7 & 8 Side cha (left, right, left)

### [9-16] CHA BOX

- 1 - 2 Right to Right, Close left to right
- 3 & 4 Back Cha (left, right, left)
- 5 - 6 Left to left, Close right to left
- 7 & 8 Forward Cha (left, right, left)

### [17-24] ROCK FORWARD, RECOVER, BACK CHA, ROCK BACK, RECOVER, FORWARD CHA

- 1 - 2 Rock forward right, Recover left
- 3 & 4 Back cha (right, left right)
- 5 - 6 Rock back left, Recover right
- 7 & 8 Forward cha (left, right, left)

### [25-32] RIGHT SUGAR FOOT, CHA, LEFT SUGAR FOOT, CHA TURNING ¼ LEFT

- 1 - 2 Touch right toe at arch of left foot, Touch right heel at arch of left foot
- 3 & 4 Cha in place (right, left, right)
- 5 - 6 Touch left toe at arch of right foot, Touch left heel at arch of right foot
- 7 & 8 Cha turning ¼ left (left, right, left)

## Start Over

**Contact:** Submitted by Diane Ellis: [dchwt@yahoo.com](mailto:dchwt@yahoo.com)

**Last Update – 9th Nov 2016**

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