

# Ala-Freakin-Bama

**COPPER** **KNOB**  
BY STEPHENETS

**Count:** 32

**Wall:** 4

**Level:** Beginner

**Choreographer:** Harlan Curtis (USA) - February 2019

**Music:** Ala-Freakin-Bama - Trace Adkins : (CD Single: Ala-Freakin-Bama, Capitol Records)



**Start dance on vocals.**

## **OUT, OUT, RETURN & CROSS, SWAY, SWAY, LEFT TRIPLE STEP**

- 1-2 Step diagonally forward on right, step diagonally forward on left
- 3&4 Step back on right, step left back next to right, cross right over left
- 5-6 Step left to left side and sway hips left, sway hips right
- 7&8 Triple to the left side left, right, left (12:00)

## **CROSS ROCK, RECOVER, 1/4 TURN RIGHT TRIPLE STEP, STOMP, HOLD, KICK BALL CHANGE**

- 1-2 Cross rock right over left, recover on left
- 3&4 1/4 turn right triple step to the right side right, left, right (3:00)
- 5-6 Stomp left foot next to right, hold
- 7&8 Kick right foot forward, step right beside left, step onto left in place

## **ROCK FORWARD, RECOVER, 1/4 TURN RIGHT TRIPLE STEP, SWAY, SWAY, LEFT TRIPLE STEP**

- 1-2 Rock forward on right, recover on left
- 3&4 1/4 turn right triple step to the right side right, left, right (6:00)
- 5-6 Step left to left side and sway hips left, sway hips right
- 7&8 Triple to the left side left, right, left

## **CROSS ROCK, RECOVER, 1/4 TURN RIGHT TRIPLE STEP, SKATE, SKATE, FORWARD TRIPLE STEP**

- 1-2 Cross rock right over left, recover on left
- 3&4 1/4 turn right triple step to the right side right, left, right (9:00)
- 5-6 Skate left, skate right
- 7&8 Triple step forward left, right, left

**Repeat**

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