

# Alabama Shuffle

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Pamela Ahearn (AUS) - April 2015  
音乐: Sweet Home Alabama - Lynyrd Skynyrd : (Album: Formule 1 Top 100)



#32 count intro, start dancing on lyrics

## (1-8) RIGHT & LEFT MAMBOS, KICK-BALL-CHANGE, PIVOT ½ LEFT

1&2      Step/rock R to side, recover on L, step R beside L  
3&4      Step/rock L to side, recover on R, step L beside R  
5&6      Kick R fwd, step on ball of R beside L, step L beside R  
7,8      Step R fwd, pivot ½ left (weight on L) (6:00)

## (9-16) SHUFFLE FORWARD X 2, KICK-BALL-CHANGE, PIVOT ¼ LEFT

1&2      Step R fwd, step ball of L beside R, step R fwd  
3&4      Step L fwd, step ball of R beside L, step L fwd  
5&6      Kick R fwd, step on ball of R beside L, step L beside R  
7,8      Step R fwd, pivot ¼ left (weight on L) (3:00)

## (17-24) CROSS ROCK, CHASSE RIGHT, CROSS ROCK, CHASSE LEFT

1,2      Cross R over L, recover on L  
3&4      Step R to side, step L beside R, step R to side  
5,6      Cross L over R, recover on R  
7&8      Step L to side, step R beside L, step L to side

## (25-32) ROCK FORWARD, RECOVER, ½ TURN SHUFFLE , PIVOT ½, SHUFFLE FORWARD

1,2      Step/rock R fwd, recover on L  
3&4      Turning ½ right step R fwd, step ball of L beside R, step R fwd (9:00)  
5,6      Step L fwd, pivot ½ right (weight on R) (3:00)  
7&8      Step L fwd, step ball of R beside L, step L fwd

REPEAT

Contact: [www.b-linedancing.webs.com](http://www.b-linedancing.webs.com)