

Alabamaie Gramma

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Upper Beginner
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音乐: Alabama Grammer by Nelly vs Lynard Skynard



Begin: After 32 Counts or on the Verse.

TOUCH OUT, TOGETHER, HEEL, TOGETHER, SLIDE LEFT TO RIGHT, STOMP, REPEAT WITH LEFT

- 1&2& Touch Right toes out to Right side, touch Right next to Left, Tap Right Heel forward, touch Right next to Left
3,4 Step Right out to Right side, stomp Left next to Right
5&6& Touch Left toes out to Left side, touch Left next to Right, Tap Left Heel forward, touch Left next to Right
7,8 Step Left out to Left side, stomp Right next to Left

STEP FORWARD, LIFT KNEE, SHUFFLE FORWARD, STEP FORWARD, LIFT KNEE, BACK, SHUFFLE FORWARD

- 1,2 Step forward on Right, as you rock back on Left, Lift Right knee
3&4 Shuffle forward – Right, Left, Right
5,6 Step forward on Left, as you rock back on Right, Lift Left Knee
7&8 Shuffle forward – Left, Right, Left

HEEL AND HEEL AND STEP ¼ TURN LEFT, JAZZ BOX

- 1&2& Tap Right Heel forward, Step Right next to Left, Tap Left heel forward, Step Left next to Right
3,4 Step forward on Right, pivot ¼ turn to Left
5,6,7,8 Cross Right over Left, step back on left, step Right to Right side, cross Left over Right

SIDE ROCK, KICK-BALL CHANGE, KICK-BACK, TOUCH, STEP, STOMP

- 1,2 Rock/Step Right to Right side, return weight to Left
3&4 Kick Right foot slightly forward, step Right next to Left as you lift Left foot off of ground, step Left next to Right
5&6 Kick Right foot slightly forward, step back on Right, touch Left toes forward with knee bent
7,8 Step forward on Left, stomp Right next to Left

REPEAT

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