

# 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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