

# Alabama

COPPER KNOB  
STEPPERS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Robbie Carrington (USA) - September 2016  
音乐: 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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