

Alabama Nights

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Improver
编舞者: Helen Woods (USA) - November 2022
音乐: Alabama Nights - Tiera Kennedy : (Album: Alabama Nights)



#16 count intro after 4 second lead-in, support on left

SECTION 1: ROCK RECOVER BACK, BACK ROCK RECOVER FORWARD, STEP LOCK STEP, STEP (TURN ¼) STEP-IN-PLACE CROSS (3:00)

1&2 Rock right forward, recover left, step right back
3&4 Rock left back, recover right, step left forward
5&6 Step right forward, lock left behind right, step right forward
7&8 Step left forward then turn ¼ right, step right in place, step left across right (3:00)

SECTION 2: SIDE TOGETHER BACK, SIDE TOGETHER FORWARD HEEL JACK, STOMP-UP STOMP-DOWN, BACK TOGETHER FORWARD (3:00)

1&2 Step right to side, step left together, step right back
3&4& Step left to side, step right together, step left forward, touch right heel forward
5&6 Hold, stomp-up right beside left, stomp-down right beside left
(Stomps hit the lyrics "Boom, Boom" in the chorus)
7&8 Step left back, step right beside left, step left forward (3:00)

Restart from beginning during 3rd rotation

SECTION 3: KICK BALL CROSS 2x, SIDE ROCK RECOVER, BEHIND (TURN ¼) STEP STEP (12:00)

1&2 Kick right to right diagonal, step ball of right beside left, step left across right
3&4 Kick right to right diagonal, step ball of right beside left, step left across right
5-6 Rock right to side, recover left
7&8 Step right behind left then turn ¼ left, step left forward, step right forward (12:00)

SECTION 4: STEP (TURN ½) STEP-IN-PLACE, STEP (TURN ¼) STEP-IN-PLACE, TOGETHER, HEEL TOGETHER 4x (9:00)

1-2 Step left forward then turn ½ right, step right in place
3-4& Step left forward then turn ¼ right, step right in place, step left beside right
5&6& Touch right heel forward, step right beside left, touch left heel forward, step left beside right
7&8& Touch right heel forward, step right beside left, touch left heel forward, step left beside right (9:00)

REPEAT

RESTART: During 3rd rotation after count 16, restart at beginning