

# Alabama Chasin'

COPPERKNOB  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Debbie Rushton (UK) - March 2023  
音乐: Ala-Damn-Bama - Martin McDaniel



Count In: After 24 counts on lyrics

## SIDE BEHIND & HEEL & CROSS, SIDE BEHIND & HEEL & CROSS

1 2            Step R to R side, Cross L behind R  
&3&4        Step R to R side, Touch L heel to L diagonal, Step L beside R, Cross R over L  
5 6            Step L to L side, Cross R behind L  
&7&8        Step L to L side, Touch R heel to R diagonal, Step R beside L, Cross L over R

## DIAGONAL SHUFFLE RIGHT, DIAGONAL SHUFFLE LEFT, JAZZ BOX CROSS

1&2          Shuffle forward to R diagonal stepping R L R  
3&4          Shuffle forward to L diagonal stepping L R L  
5 6          Cross R over L, Step back on L  
7 8          Step R to R side, Cross L over R

## WALK WALK SHUFFLE x2 MAKING FULL CIRCLE CLOCKWISE OVER R SHOULDER

1 2          Make 1/8 turn R stepping R forward, Make 1/8 turn R stepping L forward  
3&4          Make 1/8 turn R stepping R forward, Step L next to R, Make 1/8 turn R stepping forward R  
5 6          Make 1/8 turn R stepping L forward, Make 1/8 turn R stepping R forward  
7&8          Make 1/8 turn R stepping L forward, Step R next to L, Make 1/8 turn R stepping forward L

## ROCK RECOVER COASTER STEP, STEP PIVOT ¼ TURN, R HEEL SWIVEL x2

1 2          Rock forward on R, Recover back onto L  
3&4          Step back on R, Step L beside R, Step R forward  
5 6          Step forward on L, Pivot ¼ turn R keeping weight on L  
&7&8        Swivel R heel out, Swivel R heel in, Swivel R heel out, Swivel R heel in

## TAG 1 (at the end of wall 4 facing 12 o clock) - STOMP STOMP, CLAPx4

1 2          Stomp R foot, Stomp L foot  
3&4&        Clap 4 times

## TAG 2 (at the end of wall 8 facing 12 o clock) - ROCKING CHAIR, STOMP STOMP, CLAP x4

1 2          Rock forward on R, Recover back on L  
3 4          Rock back on R, Recover forward on L  
5 6          Stomp R foot, Stomp L foot  
7&8&        Clap 4 times

ENJOY!!□

Contact: [debmcwotzit@gmail.com](mailto:debmcwotzit@gmail.com)