

Alabama (AB)

拍数: 22 墙数: 2 级数: Absolute Beginner
编舞者: Unknown
音乐: Nothin' 'Bout Love Makes Sense - LeAnn Rimes
或: Shortenin' Bread - The Tractors
或: He Drinks Tequila - Lorrie Morgan & Sammy Kershaw



Note: We dance this version of Alabama with Stompin' Sue and the Other Ones at St. Jude's in Hopatcong, NJ.

It is an Absolute Beginner dance. Choreographer is unknown but we have been dancing it for years.

Section 1: Heel Touches (R, L, R, L)

1-2 Touch Right Heel forward. Bring Right foot back and take weight.
3-4 Touch Left Heel forward. Bring Left foot back and take weight.
5-6 Touch Right heel forward. Bring Right foot back and take weight.
7-8 Touch Left Heel forward. Bring Left foot back and take weight.

Section 2: Shuffle R, Shuffle L, Shuffle R, Shuffle L

9-10 Right shuffle forward.
11-12 Left shuffle forward.
13-14 Right shuffle forward.
15-16 Left shuffle forward.

Section 3: Rolling Grapevine Right With Half-Turn, Right Behind Left, Left to Left

17-20 Grapevine Right with a half-turn over Right Shoulder.
21-22 Right behind Left. Left foot to left and take weight.

REPEAT
