

# S.H.A.

拍数: 32      墙数: 2      级数: Intermediate  
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音乐: Sweet Home Alabama - Jewel



## WALK, ½ TURN, COASTER STEP, ¾ TURN WITH HITCHES, CROSS ROCK AND SLIDE

- 1-2      Walk forward right, making ½ turn right, step back on left  
3&4      Right coaster step  
&5      Hitch left knee, make ¼ turn right stepping left to left side  
&6      Hitch right knee, make ½ turn right stepping right to right side  
7&8      Cross rock left over right, recover weight on right, step left big step to left side

## COASTER STEP, ½ PIVOT, LOCKS WITH KNEE POPS

- 1&2      Right coaster step  
3-4      Step forward left, ½ pivot right  
5-6      Step forward left, lock right behind left, popping both knees forward  
7-8      Step forward left, lock right behind left, popping both knees forward

## STEP, BRUSH, HITCH, ¼ TURN, CROSS SHUFFLE, HIP PUSH, ½ TURN

- 1-2&      Step forward left, brush right foot forward, hitch right knee, making ¼ turn left  
3&4      Right cross shuffle  
5      Step left foot a big step to left side, sit into hip and raise toe of right foot  
6      Recover weight onto right foot  
7      Cross left foot over right foot  
&      Making ¼ turn left, step back on right foot  
8      Making ¼ turn left, step left foot to left side

## SYNCOATED ROCKS IN SECOND POSITION, CROSS, ¼ TURN, BALL CHANGE & WALKS

- &1      Keeping feet apart in 2nd position and angling body to left diagonal, step right foot in place, step left foot in place  
&2      Keeping feet apart in 2nd position and angling body to left diagonal, step right foot in place, step left foot in place  
3-4      Cross right foot over left foot, step left foot back while making ¼ turn right  
&5      Step right beside left, step left foot small step forward  
6      Step right foot forward  
7      Making ¼ turn left, step left foot forward  
&8      Step right foot forward, ½ pivot left, taking weight onto left

## REPEAT

## TAG

After first wall of dance:

## GRAPEVINE TO RIGHT (LINKING ARMS), ROLLING VINE TO LEFT (AIR GUITAR)

- 1-4      Linking arms with people on either side: step right to right side, step left behind right, step right to right side, touch left heel to left diagonal  
5-8      Rolling vine to left, touch right beside left (while playing air guitar)

## Begin again

Tag is only needed when using the Jewel version of Sweet Home Alabama, not needed when using Lynyrd Skynyrd/Steve Miller Band versions