

Sweet Alabama

COPPER KNOB
BY STEPHEN BRETZ

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Tracy Brown (UK)
音乐: Sweet Home Alabama - Lynyrd Skynyrd



RIGHT TOE, HEEL, STOMP, LEFT TOE, HEEL STOMP, RIGHT MAMBO ROCK, $\frac{3}{4}$ TRIPLE TURN

1&2 Touch right toe to left instep, touch right heel to left instep, stomp right forward
3&4 Touch left toe to right instep, touch left heel to right instep, stomp left forward
5&6 Rock right forward, rock left back into place, step right beside left
7&8 $\frac{3}{4}$ triple turn left - stepping left, right, left

RIGHT SIDE ROCK CROSS, LEFT SIDE ROCK CROSS, RIGHT SIDE ROCK CROSS, LEFT SIDE ROCK $\frac{1}{2}$ TRIPLE TURN LEFT

9&10 Rock right to right side, rock onto left in place, cross right over left
11&12 Rock left to left side, rock onto right in place, cross left over right
13&14 Rock right to right side, rock onto left in place, cross right over left
15&16 Rock left to left side, rock onto right in place pivoting $\frac{1}{2}$ turn left on right, step left beside right

Steps 9-14 done traveling forward

RIGHT CROSS ROCK, LEFT CROSS ROCK RIGHT ROCK $\frac{1}{2}$ TURN, LEFT ROCK $\frac{1}{4}$ TURN

17&18 Cross rock right over left, rock onto left in place, step right beside left
19&20 Cross rock left over right, rock onto right in place, step left beside right
21&22 Rock right forward, rock onto left in place, pivot $\frac{1}{2}$ turn right stepping onto right
23&24 Rock left forward, rock onto right in place, pivot $\frac{1}{4}$ turn left stepping onto left

RIGHT CROSS ROCK, LEFT CROSS ROCK RIGHT ROCK $\frac{1}{4}$ TURN, STOMP LEFT, HOLD, DOUBLE CLAP

25&26 Cross rock right over left, rock onto left in place, step right beside left
27&28 Cross rock left over right, rock onto right in place, step left beside right
29&30 Rock right forward, rock onto left in place, pivot $\frac{1}{4}$ turn right stepping onto right
31&32 Stomp left forward, hold, double clap

REPEAT
