

Alabama Hustle

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Intermediate
编舞者: Jan Brookfield (UK)
音乐: Re-Invent The Wheel - Alabama



WALK, WALK, COASTER, WALK, WALK, SIDE-ROCK-CROSS

1-2 Walk forward on right, left
3&4 Step back on right, step left next to right, step right forward
5-6 Walk forward on left, right
7&8 Step left to side, rock onto right, step left across in front of right

STEP, HEEL SWIVELS WITH TURNS, KICK

9-10 Step right to side, keeping weight on right swivel both heels to right
You will be facing 9:00, quarter left from original wall
11&12 Transfer weight to left, swivel both heels left - right - left making half turn right
& Low kick right forward
You will now be facing 3:00, quarter right from original wall

COASTER, HIP ROCKS

13&14 Step back on right, step left next to right, step right forward
15& Touch left toe forward, rocking hips forward & back
16& Touch left toe back, rocking hips back & forward
Weight remains on right

STEP, TOUCH, TWO HALF TURN SHUFFLES TRAVELING BACK, COASTER

17-18 Step forward on left, touch right toes next to left
19&20 Making half turn over right shoulder, shuffle back on right, left, right
21&22 Making another half turn over right shoulder, shuffle back on left, right, left
23&24 Step back on right, step left next to right, step right forward

POINT, CROSS, TOUCH OUT-FORWARD-OUT-BEHIND

25-26 Touch left toes to side, step left across in front of right
27& Touch right toes out to side, then touch forward in front of left
28& Touch right toes out to side, then touch back behind left

STEP, TOUCH, FULL TURNING SHUFFLE

29-30 Step right to side, touch left toes next to right
31&32 Shuffle on left, right, left making a full turn over left shoulder
Dancers who dislike fast turns may prefer to do a shuffle left, right, left on the spot

REPEAT
