

# Alabama Slide

COPPER KNOB  
STEPSHEETS

拍数: 48      墙数: 2      级数: Improver east coast swing  
编舞者: Duke Stogner (USA)  
音乐: Heads Carolina, Tails California - Jo Dee Messina



## STEP SLIDE, STEP STEP, STEP SLIDE, STEP STEP

1-2      Step right, hold and point left toe to left side  
3-4      Step left, right in place, snap twice  
5-6      Step left, hold and point right toe to right side  
7-8      Step right, left in place, snap twice

## STEP BACK HOLD, BACK HOLD, STEP KNEE STEP STEP

1-4      Step back right, hold, step back left hold  
5-6      Step forward right, lift left knee turning  $\frac{1}{4}$  right, facing 3:00  
7-8      Step left, right in place

**Styling tip: on the step back right, add a slight twist to the left; on the step back left, add a slight twist to the right**

## STEP KNEE, STEP STEP, STEP KNEE, STEP STEP

1-2      Step left, lift right knee and hit knee with left hand  
3-4      Step right, left in place  
5-6      Step right, lift left knee and hit knee with right hand  
7-8      Step left, right in place

## STEP BACK TOUCH, FORWARD TOUCH, BACK TOUCH, FORWARD TOUCH

1-2      Step back left, touch right to left  
3-4      Step forward right, touch left to right  
5-6      Step back left, touch right to left  
7-8      Step forward right, touch left to right

**Styling tip: these step touches are like the Electric Slide. Add a lean back when stepping back; add a lean forward when stepping forward**

## STEP SIDE TOGETHER SIDE TOUCH, SIDE TOGETHER SIDE TOUCH

1-4      Step left to side, bring right together with left, step left to side, touch right to left  
5-8      Step right to side, bring left together with right, step right to side, touch left to right

**Styling tip: can be done like The Supremes or The Temptations swiveling on balls of feet and moving shoulders**

## WALK BACK 3, TOUCH, STEP KNEE STEP TOUCH

1-3      Walk back left-right-left, touch right to left  
5-6      Step right forward, lift left knee and turn  $\frac{1}{4}$  right, facing 6:00  
7-8      Step left to side, touch or stomp right (no weight)

**REPEAT**