

# Alberta

COPPER KNOB  
BY STEPHEN METZ

拍数: 48      墙数: 4      级数: Improver west coast swing  
编舞者: Carol Jorgensen (USA)  
音乐: Alberta - Eric Clapton



After the "false start" in the music, count to 3 and begin with the instrumental

## WALK, WALK, TRIPLE IN PLACE, LEFT AND RIGHT SAILORS

1-2            Right foot walk forward, left foot walk forward  
3&4           Triple in place (right-left-right) with ball of right foot behind heel of left foot  
5&6           Left foot sailor shuffle (left-right-left)  
7&8           Right foot sailor shuffle (right-left-right)

## ROCK STEP, COASTER, ROCK STEP, SWEEP ½ TURN TO COASTER

1-2            Left foot rock forward, recover to right foot  
3&4           Coaster (left foot step back, right foot step next to left foot, left foot step forward)  
5-6           Right foot rock forward, recover to left foot  
7&8           Right foot sweep ½ turn to right into coaster step (right-left-right) (to 6:00)

## ½ WALKAROUND TURN, FULL TURN TO LEFT, TRIPLE, BACK ROCK

1-2            Left foot step forward, turn ½ to right, step onto right foot (to 12:00)  
3-4            Full turn to right, progressing slightly forward, left foot back, right foot forward  
5&6           Triple in place, left-right-left  
7-8            Back rock step, right-left

## SYNCOPATED TOE TOUCHES, TRIPLE FORWARD, ROCK STEP, ½ SWEEP TO COASTER

1&2&          Right toe touch forward, step back; left toe touch forward, step back  
3&4           Triple forward (right-left-right)  
5-6           Forward rock step (left foot-right foot, sweeping left foot around to coaster)  
7&8           Coaster (left foot step back, right foot step next to left foot, left foot step forward) (to 6:00)

## SIDE ROCK, SAILOR, ¼ TURNING SAILOR, ¼ TURNING ROCK STEP

1-2            Right foot rock to right, recover to left foot  
3&4           Left foot sailor shuffle (right-left-right)  
5&6           Right foot sailor shuffle (left-right-left), turning ¼ to left (9:00)  
7-8           Right foot rock forward, recover to left foot with ¼ turn left (12:00)

## WALK, WALK, COASTER, LEFT FOOT FORWARD ROCK STEP, ¼ TURNING SAILOR

1-2            Right foot walk forward, left foot walk forward  
3&4           Coaster back: right foot step back, left foot step next to right foot, right foot step forward  
5-6           Left foot rock forward, recover to right foot  
7&8           Triple in place (left-right-left), turning ¼ left to 9:00\*

REPEAT

## ENDING

The sixth and last time you do the dance, you will be facing 9:00 prior to the 7&8 count triple turn at the end of the set. Instead of a ¼ turn here, make a ¾ turn to end the dance facing front (12:00)