

# Ala-Freakin-Bama

**COPPER** **KNOB**  
BY STEPHENETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Harlan Curtis (USA) - February 2019  
音乐: Ala-Freakin-Bama - Trace Adkins : (CD Single: Ala-Freakin-Bama, Capitol Records)



Start dance on vocals.

## **OUT, OUT, RETURN & CROSS, SWAY, SWAY, LEFT TRIPLE STEP**

1-2            Step diagonally forward on right, step diagonally forward on left  
3&4           Step back on right, step left back next to right, cross right over left  
5-6           Step left to left side and sway hips left, sway hips right  
7&8           Triple to the left side left, right, left (12:00)

## **CROSS ROCK, RECOVER, 1/4 TURN RIGHT TRIPLE STEP, STOMP, HOLD, KICK BALL CHANGE**

1-2            Cross rock right over left, recover on left  
3&4           1/4 turn right triple step to the right side right, left, right (3:00)  
5-6           Stomp left foot next to right, hold  
7&8           Kick right foot forward, step right beside left, step onto left in place

## **ROCK FORWARD, RECOVER, 1/4 TURN RIGHT TRIPLE STEP, SWAY, SWAY, LEFT TRIPLE STEP**

1-2            Rock forward on right, recover on left  
3&4           1/4 turn right triple step to the right side right, left, right (6:00)  
5-6           Step left to left side and sway hips left, sway hips right  
7&8           Triple to the left side left, right, left

## **CROSS ROCK, RECOVER, 1/4 TURN RIGHT TRIPLE STEP, SKATE, SKATE, FORWARD TRIPLE STEP**

1-2            Cross rock right over left, recover on left  
3&4           1/4 turn right triple step to the right side right, left, right (9:00)  
5-6           Skate left, skate right  
7&8           Triple step forward left, right, left

Repeat

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