

Ala-Freakin-Bama

COPPER KNOB
BYEFOOTETS

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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