

Ala-Freakin-Bama

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Mike Hitchen (UK) - January 2011
音乐: Ala-Freakin-Bama - Trace Adkins



Start 16 Counts From Heavy Beat - 1 Restart, wall 2

Kick & cross, Kick & cross, Rock step, Behind side turn

1&2 Kick right forward, Cross left over right
3&4 Kick right forward, Cross left over right
5-6 Rock right to side, Return weight to left
7&8 Step right behind left, Step left ¼ turn left, Step right forward

Rock Step, Coaster Step, 2 Step ½ Turns,

1-2 Rock forward on left, Return weight to right
3&4 Step left back, Step right together, Step left forward
5-6 Step forward on right, pivot ½ turn left
7-8 Step forward on right, Pivot ½ turn left

Cross side behind & heel, & cross turn ¼ turn ¼ Forward on right

1-2 Cross right over left, Step left to side
3&4 Cross right behind left, Step left to side, Touch right heel diagonal forward
&5-6 Step right in place, Cross left over right, Turn ¼ left stepping right back
7-8 Turn ¼ turn left stepping left to side, Step right foot forward

Left shuffle, Shuffle ½ turn, Rock turn, Cross shuffle

1&2 Step left forward, Step right together Step left forward
3&4 Step right ¼ turn left, Step left together, Step right ¼ turn left
5-6 Rock back on left, Return to right ¼ turn left
7&8 Cross left over right, Step right to side Cross right over left

Side Rock, Sailor ¼ Turn, Step ¾ Turn, Side Shuffle

1-2 Rock right to side, Recover weight to left
3&4 Cross R behind L, Turn ¼ R stepping L To L side, Step forward on right
5-6 Step left forward, Pivot ¾ turn right
7&8 Step L to side, Step R together, Step L to side

R Sailor, L Sailor ¼ Turn, Step ½ Turn, Walk Walk

1&2 Step R behind L Step L to L side, Step R to R side
3&4 Step L behind R, Turn ¼ L stepping R to R side, Step forward on L
5-6 Step forward on R, Pivot ½ turn left
7-8 Walk forward R, Walk forward L

Restart Here - Wall 2

Shuffle ½ Turn, Shuffle ¼ Turn, Cross Rock, Shuffle ¼ Turn

1&2 Step R ¼ turn left, Step L together Step R back ¼ turn left
3&4 Step L ¼ turn left, Step R together, Step L so side
5-6 Cross rock R over left, Return weight to L
7&8 Step R to side, Step L together, Step R ¼ turn right

Kick And Touch, Kick And Touch, Rock Step, Shuffle ½ Turn

1&2 Kick L forward, Step on L, Touch R to side
3&4 Kick R forward, Step on R, Touch L to side

5-6 Rock forward on L, Return weight to R
7&8 Step L ¼ turn L, Step R together, Step L ¼ turn L

Happy Dancing
