

# 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

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