

Alabama Slammin ultra-beginner

COPPER KNOB
STEPPERS

拍数: 48 墙数: 2 级数: Ultra Beginner
编舞者: Charlotte Neckelmann (DK) - 2011
音乐: If You Want My Love - Laura Bell Bundy : (Album: Achin & Shakin)



Split floor dance to: Alabama Slammin', By Rachael McEnaney

Count In: 32 counts from start of track – dance begins on vocals

S1) Step forward R, kick L, step L, Kick R, Step R, kick L rock left

1,2,3,4 Step right foot forward (1) Kick left (2) Step left (3) Kick right(4)
5,6,7,8 Step right (5) Kick left (6) Rock left (7) recover right (8)

S2) Step Back L, kick R, step R, Kick L, Step L, kick R, Rock Right

1,2,3,4 Step left back (1) Kick right (2) Step right back (3) Kick left (4)
5,6,7,8 Step left back (5) Kick right (6) Rock back right (7) recover left (8)

S3) STEP, ¼ TURN, STOMP, STOMP, STEP, ¼ TURN, STOMP, STOMP

1-2-3-4 Step right forward (1) ¼ turn left (2) stomp R-L in place (3+4)
5-6-7-8 Step right forward (5) ¼ turn left (6) stomp R-L in place (weight on L)(7+8)

S4) Step to right side chase right .Step left side chase left

1-2 Step right to right side (1) step left beside right (2)
3&4 Step right to right side (3) step left beside (&) Step right to right side (4)
5-6 Step left to left side (5) Step right beside left (6)
7&8 Step left to left side (7) Step right beside left (&) Step left to left side (8)

S5) 4 X DIAGONAL STEP TOUCH

1-2 Step forward to right diagonal (1) touch left next to right (2)
3-4 Step back to left diagonal (3) touch right next to left (4)
5-6 Step back to right diagonal (5) touch left next to right (6)
7-8 Step forward to left diagonal (7) touch right next to left (8)

S6) Rock and Rock forward and back X2

1,2,3,4 Rock right forward (1) Rock back left (2) Rock forward on right (6) Hold (4)
5,6,7,8 Rock left forward (5) Rock back right (6) Rock forward on left (7) Hold (8)

Start Again

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