

Old Alabama

拍数: 32 墙数: 2 级数: Intermediate - Catalan
编舞者: Chris Thoma - July 2014
音乐: Old Alabama (feat. Alabama) - Brad Paisley



S 1: touch, heel, touch, heel, side, stomp, side, stomp

1-2 touch right toe on right side, touch right heel on right side
3-4 repeat 1-2
5-6 right step to right side, stomp up left foot next to right (weight on right)
7-8 left step to left side, stomp up right next to left (weight on left)

S 2: rolling vine r, stomp, heel swivel, coaster step l

1-2 step left to left side turning $\frac{1}{4}$ left, step right forward turning $\frac{3}{4}$ left, step left to left side
4 stomp up left foot next to right (weight on left)
5-6 turn both heels to left, turn back both heels
7&8 left step back, right step next to left foot, left step forward

Here: Restart in 4th and 7th rounds

S 3: pivot turn $\frac{1}{4}$ l, pivot turn $\frac{1}{4}$ l, heel, heel, kick-ball-change

1-2 pivot turn $\frac{1}{4}$ left ending with weight on left foot
3-4 repeat 1-2
5-6 touch right heel forward twice
7&8 kick right forward, step right beside left, Step onto left in place

S 4: step, touch behind, behind, stomp, rock back, stomp, stomp

1-2 right step forward, touch left toe behind right foot
3-4 step left behind right, stomp up right next to left (weight on left)
5-6 right rock back, recover on left
7-8 stomp up right foot next to left twice (weight on left)

Tag in 3rd, 6th, 9th and 11th rounds (always at 6 o'clock)

Tag: side kick r, stomp, side kick l, stomp

1-2 kick right foot to side, stomp up right next to left foot
3-4 kick left foot to side, stomp up left next to right foot

Restarts in 4th and 7th rounds, Tag in 3rd, 6th, 9th and 11th.

After 11th round + Tag hold until music Restarts

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