

Alabama Gramma

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Upper Beginner
編舞者: Nancy Morgan (USA) - May 2013
音樂: Alabama Grammer by Nelly vs Lynard Skynard



Begin: After 32 Counts or on the Verse.

TOUCH OUT, TOGETHER, HEEL, TOGETHER, SLIDE LEFT TO RIGHT, STOMP, REPEAT WITH LEFT

- 1&2& Touch Right toes out to Right side, touch Right next to Left, Tap Right Heel forward, touch Right next to Left
- 3,4 Step Right out to Right side, stomp Left next to Right
- 5&6& Touch Left toes out to Left side, touch Left next to Right, Tap Left Heel forward, touch Left next to Right
- 7,8 Step Left out to Left side, stomp Right next to Left

STEP FORWARD, LIFT KNEE, SHUFFLE FORWARD, STEP FORWARD, LIFT KNEE, BACK, SHUFFLE FORWARD

- 1,2 Step forward on Right, as you rock back on Left, Lift Right knee
- 3&4 Shuffle forward – Right, Left, Right
- 5,6 Step forward on Left, as you rock back on Right, Lift Left Knee
- 7&8 Shuffle forward – Left, Right, Left

HEEL AND HEEL AND STEP ¼ TURN LEFT, JAZZ BOX

- 1&2& Tap Right Heel forward, Step Right next to Left, Tap Left heel forward, Step Left next to Right
- 3,4 Step forward on Right, pivot ¼ turn to Left
- 5,6,7,8 Cross Right over Left, step back on left, step Right to Right side, cross Left over Right

SIDE ROCK, KICK-BALL CHANGE, KICK-BACK, TOUCH, STEP, STOMP

- 1,2 Rock/Step Right to Right side, return weight to Left
- 3&4 Kick Right foot slightly forward, step Right next to Left as you lift Left foot off of ground, step Left next to Right
- 5&6 Kick Right foot slightly forward, step back on Right, touch Left toes forward with knee bent
- 7,8 Step forward on Left, stomp Right next to Left

REPEAT

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