

Sweet Home Alabama EZ

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Lynn Card (USA) - March 2019
音樂: Sweet Home Alabama - Lynyrd Skynyrd



(No Tags, No Restarts)

MAMBO RIGHT SIDE, MAMBO LEFT SIDE, WALK RIGHT FORWARD, WALK LEFT FORWARD, TRIPLE FORWARD R,L,R

- 1&2,3&4 Press RF to right side (1), Recover on LF (&), Replace RF next to LF (2), Press LF to left side (3), Recover on RF (&), Replace LF next to RF (4)
- 5,6,7&8 Walk RF forward (5), Walk LF forward (6), Step RF forward (7), Step LF next to RF (&), Step RF forward (8)

MAMBO LEFT FORWARD, MAMBO RIGHT BACK, STEP LEFT FORWARD, ½ TURN PIVOT TO RIGHT, TRIPLE FORWARD L,R,L

- 1&2,3&4 Press LF forward (1), Recover on RF (&), Replace LF next to RF (2), Press RF back (3), Recover on LF (&), Replace RF next to LF (4)
- 5,6,7&8 Step LF forward (5), Turn ½ to left stepping RF forward (6), Step LF forward (7), Step RF next to LF (&), Step LF forward (8)

KICK BALL STEP x2, HIP BUMPS TO RIGHT, HIP BUMPS TO LEFT

- 1&2,3&4 Kick RF forward (1), Ball step RF next to LF (&), Step LF next to RF (2), Repeat RF Kick Ball Step for 3&4
- 5&6,7&8 Step RF slight to right side and bump R hip to right (5), Release R hip to center (&), Bump R hip to right (6), Step LF to left side and bump L hip to left (7), Release L hip to center (&), Bump L hip to left (8)

SIDE TRIPLE, ¼ HINGE TURN TRIPLE LEFT, HEEL SWITCHES, STOMP, STOMP

- 1&2,3&4 Step RF to right side (1), Step LF next to RF (&), Step RF to right side (2), Turn ¼ left stepping LF to left side (3), Step RF next to LF (&), Step LF to left (4)
- 5&6&7,8 Touch R heel forward (5), Replace RF next to LF (&), Turn ¼ to left touching L heel forward (6), Replace LF next to RF (&), Stomp RF next to LF (7), Stomp LF next to RF (8)

Last Update – 9 March 2019