

# Albany, Albany Blues

**COPPER KNOB**  
STEPPERS

拍數: 24      牆數: 4      級數: Beginner  
編舞者: Val Saari (CAN) - October 2019  
音樂: Albany, Albany - Downchild Blues Band



Begin on the 2nd "ny" (Albany, Alba-ny)

## TOE-STRUT V-STEP, SIDE STEP-DRAGS (RL)

- 1&2&      Touch RF toe diagonally forward (1:00), Step heel down, Touch LF toe diagonally forward (11:00), Step heel down  
3&4      Touch RF toe behind to centre, Step heel down, Touch LF toe beside R, Step heel down  
5-6      Large step right to right side, drag LF toes towards R  
7-8      Large step left to left side, drag RF towards L

## FWD TOE-STRUT TWISTS RLRL 1/4 TURN R (ARC PATTERN), MAMBOS RL

- 1&2&      Touch RF toes diagonally forward (2:00), Step heel down back to centre, Touch LF toe diagonally forward (10:00), Step heel down back to centre  
3&4&      Touch RF toes diagonally forward (2:00), Step heel down back to centre, Touch LF toe diagonally forward (10:00), Step heel down back to centre  
5&6      RF Rock side right, LF recover, RF close together, hold  
7&8      LF Rock side left, RF recover, LF close together, hold

## RF ROCK/RECOVER STEP FWD 1/2 R, STEP-LOCK-STEP SCUFF, MAMBOS FWD, BACK

- 1&2      RF Rock forward, LF recover, Step RF fwd 1/2 turn R, hold  
3&4&      Step LF forward, Lock RF behind L, Step LF forward, Scuff RF fwd  
5&6      Rock forward on RF, Recover LF, Step RF beside L, hold  
7&8      Rock back on LF, Recover RF, Step LF beside R, hold

REPEAT

No tags, no restarts

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