

Sweet Home Alabama

拍數: 32 牆數: 2 級數: Newcomer
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音樂: Sweet Home Alabama - Lynyrd Skynyrd



Intro 32 counts, BPM 98

Restart in wall 2, 5 and 10 after 16 counts

Section 1: Steps forward with stomps

- 1 RF step forward (facing 12.00)
- 2 LF step forward
- 3 RF stomp beside LF
- 4 RF stomp beside LF
- 5 RF step forward
- 6 LF step forward
- 7 RF stomp beside LF
- 8 RF stomp beside LF

Section 2: Steps backwards, coaster step, shuffle steps forward, step turn ½ left ending with a stomp

- 1 RF step back
- 2 LF step back
- 3 RF step back
- & LF step back beside RF
- 4 RF step forward
- 5 LF step forward
- & RF step forward beside LF
- 6 LF step forward
- 7 RF step forward
- & Turn ½ left on ball of RF
- 8 RF stomp beside LF (facing 06.00)

Section 3: Points to the right, coaster step, points to the left, coaster step

- 1 RF point right to the side
- & RF touch beside LF
- 2 RF point right to the side
- 3 Drag RF towards LF and step back
- & LF step back beside RF
- 4 RF step forward
- 5 LF point left to the side
- & LF touch beside RF
- 6 LF point left to the side
- 7 Drag LF towards RF and step back
- & RF step back beside LF
- 8 LF step forward

Section 4: Walk around in a full circle (step, step, shuffle step x 2)

- 1 Turn 1/8 left stepping RF forward
- 2 Turn 1/8 left stepping LF forward
- 3 Turn 1/8 left stepping RF forward
- & LF step beside RF
- 4 Turn 1/8 left stepping RF forward
- 5 Turn 1/8 left stepping LF forward

- 6 Turn 1/8 left stepping RF forward
- 7 Turn 1/8 left stepping LF forward
- & Step RF beside LF
- 8 Turn 1/8 stepping LF forward (facing 06.00)

Have Fun!
