

Old Alabama

拍數: 32 牆數: 4 級數: Improver
編舞者: The Unknown Dancer - March 2022
音樂: Dixieland Delight - Alabama
或: Mountain Music - Alabama
或: Old Alabama - Brad Paisley



Intro: 64 Counts (Dixieland Delight, Old Alabama), 32 Counts (Mountain Music)

SIDE STEPS, RIGHT GRAPEVINE

1 Step right to right side
2 Touch right forward
3 Step right to right side
4 Touch right back
5-8 Step right to right side, step left behind, step right to right side, step left next to right

SIDE STEPS, LEFT GRAPEVINE

1 Step left to left side
2 Touch left forward
3 Step left to left side
4 Touch left back
5-8 Step left to left side, step right behind, step left to left side, step right next to left

BACK TOGETHER X2, TOE HEEL X2

1-2 Step right back, step left next to right
3-4 Step right back, step left next to right
5-6 Step left toe forward, left heel forward
7-8 Step right toe forward, right heel forward

(Optional stomps L-L-R-R on counts 5-8)

SWIVEL 1/4 TURN RIGHT, CHARLESTON

1-2 Swivel turn to right 1/4
3 Step left forward
4 Step right forward
5 Step right back
6 Step left back
7 Step left forward
8 Step right forward (weight on left)

(Optional stomp R on count 8)

REPEAT

For Mountain Music and Old Alabama: The dance is performed at single time until the tempo change, at which point the dance is performed at double time. Tempo change in Mountain Music (Single Edit) is around 2:45; Old Alabama (Single Edit) is around 3:20.

For Dixieland Delight: The dance is counted in and performed at double time. Listed tempo for Dixieland Delight is 96 bpm for the first tempo, and 118 bpm for the second tempo. This puts the dance at 192 bpm and 236 bpm respectively. If you are dancing to the Single Edit and not the LP version, the faster tempo begins around 2:45 into the song.
