

# Alabama Woman

COPPERKNOB  
STEPSHEETS

拍數: 36      牆數: 2      級數: Improver  
編舞者: Guadalupe Niella Morillo (ARG) - 2018  
音樂: Long Cool Woman (In a Black Dress) - The Hollies



## INTRO 32 COUNTS (12:00)

### [1-8]. R. KICKS (X2), R. COASTER STEP, L. KICKS (X2) L. COASTER STEP

1-2            R. Kick (fwd), R. Kick (fwd)  
3&4           R. Step (back), L. step together R., R. step (fwd)  
5-6           L. Kick (fwd) (1), L. Kick (fwd) (2),  
7&8           L. Step (back), R. step next L., L. step (fwd)

## TAG 1 + RESTART= 5° WALL (12:00)

### [9-16] TOE STRUT FOWARD R&L&R, L. STOMP (X2)

1-2            Step R. toe (fwd) with the R.F., drop R. Heel  
3-4            Step L. toe (fwd) with the L.F., drop L. Heel  
5-6            Step R. toe (fwd) with the R.F., drop R. Heel  
7-8            Stomp L.F. beside R.F.

### [17-24]. POINT SIDE R., STEP BACK R., POINT SIDE L., STEP BACK L. STEP, CROSS STEP, STEP, TOE TOUCH

1-2            Touch R. toe on R., step (back) with R.  
3-4            Touch L. toe on L., step (back) with L.  
5-6            Step to the R. side with the R.F., cross L.F. behind R.F.  
7-8            Step to the R. side with the R.F. & Toe touch with L.F.together

### [25-32]. LEFT GRAPVINE, R. ROCKING CHAIR, ½ TURN PIVOT, STOMP (X2)

1-2            Step LF to L side, cross RF behind LF  
3-4            Step LF to L side, touch RF next to LF  
5-6            Rock (fwd) on RF, Recover on LF,  
7-8            Rock (back) on RF, Recover (fwd) on LF

### [33-36]. ½ TURN PIVOT, STOMP (X2)

1-2            Step RF (fwd), 1/2 turn to the left  
3-4            Stomp with the R.F.& L.F.

## INTRO/TAG: 32 COUNTS

### S1. R. STOMP, R. KNEE POPS (X3), L. STOMP, L. KNEE POPS (X3) - 12:00

1            Stomp Right in site  
& 2           Knee Pop Right  
& 3           Knee Pop Right  
& 4           Knee Pop Right  
5            Stomp Left in site  
& 6           Knee Pop Left  
& 7           Knee Pop Left  
& 8           Knee Pop Left

### S2. STEP OUT R&L, STEP IN R&L (X2) - 12:00

1-2            Step RF out to R side, step LF out to L side  
3-4            Step R in place, step L. in place together to R

5-6 Step RF out to R side, step LF out to L side  
7-8 Step R in place, step L. in place together to R

**S3. R. DIAGONAL F. LOCK STEP (X 3) - STEP BACK L - STOMP R 12:00**

1-2 Step RF (1), step L behind R (2),  
3-4 Step RF (3), Step L behind R (4)  
5-6 Step RF (5), step L behind R (6),  
7-8 Step L back (7), and drag R next to L & Stomp (8)

**S4. L. DIAGONAL F. LOCK STEP (X 3) - STEP BACK R - STOMP L 12:00**

1-2 STEP LF (1), STEP R BEHIND L (2),  
3-4 Step LF (3), Step R behind L (4)  
5-6 Step LF (5), step R behind L (6),  
7-8 Step R back (7), and drag L next to R & Stomp

**Abbreviations:-**

**R= Right L= Left RF = right foot LF = left foot (fwd) = forward**

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