

Sweet Home Alabama

COPPER KNOB
STEPPERS

拍數: 32 牆數: 4 級數: Improver
編舞者: Unknown
音樂: Sweet Home Alabama - Lynyrd Skynyrd



No tags or restarts

#32 count intro – start on vocals

Section 1 - Right Syncopated grapevine: side, behind, side

1 step right foot to right side
& step left foot behind right
2 step right foot to right side

Knee pop, knee pop

3 weight onto left leg and turn right knee in
4 weight onto right leg and turn left knee in

Left Syncopated grapevine: Side, behind, side

5 step left foot to left side
& step right foot behind left
6 step left foot to left side

Knee pop, knee pop

7 weight onto right leg and turn left knee in
8 weight onto left leg and turn right knee in

Section 2 - Rocking chair : Rock forward, rock back

1 Right foot - rock forward
2 Recover on left
3 Right foot - rock back
4 Recover on left

Step 1/2 turn, step 1/4 turn

5 Step right foot forward
6 1/2 pivot turn to left take weight onto left foot
7 step right foot forward
8 1/4 pivot turn to left take weight foot onto left foot

Section 3 : Fast rocking chair:

Forward and back and forward and back/kick

1 rock forward right foot,
& recover on left
2 rock back right foot,
& recover on left
3 rock forward right foot,
& recover on left
4 step back on right foot and kick left foot forward

Step, together, roll, roll

- 5 Step left forward
- 6 Close right foot to left foot
- 7, 8 x 2 hip circles

Section 4: Grape vine right and left

Side, behind, side, touch

- 1 step right foot to right side
- 2 step left foot behind right
- 3 step right foot to right side
- 4 touch left foot to right foot

Side, behind, side, touch

- 5 step left foot to left side
- 6 step right foot behind left
- 7 step left foot to left side
- 8 touch right foot to left foot

Script submitted by Maggie Stevenson (scotland) - magsstevenson@yahoo.co.uk
