

Alabama Cowboy

COPPER KNOB
BY STEPHEN METZ

拍數: 32 牆數: 4 級數: Beginner
編舞者: Jan Martin (AUS) - May 2024
音樂: Oh Suzanna - Yambou



Dance starts 49 Secs into this version of the song; just after he sings Woo hoo ... No tags no restarts

* To Finish dance facing 12.O'clock ... Step Change last wall (11) ... Sec 4 ... Steps 5-8 (R) ¼ Turn Jazz-box*

Sec1: Syncopated Weave, Back Rock/ Recover, ¼ (L) Turn Fwd Shuffle

1,2 & 3, 4 Step (R) to (R) side, cross (L) behind (R), Step (R) to (R) side, cross (L) over (R), step (R) to (R) side
5, 6, 7&8 Rock Back on (L), Recover Fwd onto (R), Step (L) ¼ Turn to (L), Step (R) beside (L), step (L) Fwd.

Sec2: (R) Rocking chair, 2 x ¼ (L) Paddle Turn

1,2,3,4 Rock Fwd on (R), Recover weight on (L), Rock Back on (R), Recover weight on (L)
5,6,7,8 Step (R) Fwd, Turn ¼ (L) Weight On (L), Step (R) Fwd, Turn ¼ (L) Weight On (L),

Sec3: Diagonal Step, Slide, Heel Bounces (R & L)

1,2,3,4 Step (R) Fwd Diagonally to the (R), Slide (L) next to (R), Heels together bounce twice,
5,6,7,8 Step (L) Fwd Diagonally to the (L), Slide (R) next to (L), Heels together bounce twice.

Sec4: V Step, (R) Heel Replace, (L) Heel Replace

1,2,3,4 Step (R) to (R) Diagonal, Step (L) to (L) Diagonal, Step (R) Back to Centre, Step (L) next to (R),
5,6,7,8 Touch (R) Heel Fwd, Step (R) Back in place. Touch (L) Heel Fwd, Step (L) Back in place.

(Sec4) *Step Change... Last wall ... Steps (5 - 8) ... (R) ¼ Turning Jazz-box.*

5,6,7,8 Cross (R) Over (L), Step back on (L) Making 1/4 Turn (R), Step (R) To (R) Side, Step (L) next to (R)

Start the dance again Enjoy