

S.H.A.

拍數: 32 牆數: 2 級數: Intermediate
編舞者: Jenny Stephenson (UK) & Nicola Lafferty (UK)
音樂: Sweet Home Alabama - Jewel



WALK, ½ TURN, COASTER STEP, ¾ TURN WITH HITCHES, CROSS ROCK AND SLIDE

- 1-2 Walk forward right, making ½ turn right, step back on left
- 3&4 Right coaster step
- &5 Hitch left knee, make ¼ turn right stepping left to left side
- &6 Hitch right knee, make ½ turn right stepping right to right side
- 7&8 Cross rock left over right, recover weight on right, step left big step to left side

COASTER STEP, ½ PIVOT, LOCKS WITH KNEE POPS

- 1&2 Right coaster step
- 3-4 Step forward left, ½ pivot right
- 5-6 Step forward left, lock right behind left, popping both knees forward
- 7-8 Step forward left, lock right behind left, popping both knees forward

STEP, BRUSH, HITCH, ¼ TURN, CROSS SHUFFLE, HIP PUSH, ½ TURN

- 1-2& Step forward left, brush right foot forward, hitch right knee, making ¼ turn left
- 3&4 Right cross shuffle
- 5 Step left foot a big step to left side, sit into hip and raise toe of right foot
- 6 Recover weight onto right foot
- 7 Cross left foot over right foot
- & Making ¼ turn left, step back on right foot
- 8 Making ¼ turn left, step left foot to left side

SYNCOATED ROCKS IN SECOND POSITION, CROSS, ¼ TURN, BALL CHANGE & WALKS

- &1 Keeping feet apart in 2nd position and angling body to left diagonal, step right foot in place, step left foot in place
- &2 Keeping feet apart in 2nd position and angling body to left diagonal, step right foot in place, step left foot in place
- 3-4 Cross right foot over left foot, step left foot back while making ¼ turn right
- &5 Step right beside left, step left foot small step forward
- 6 Step right foot forward
- 7 Making ¼ turn left, step left foot forward
- &8 Step right foot forward, ½ pivot left, taking weight onto left

REPEAT

TAG

After first wall of dance:

GRAPEVINE TO RIGHT (LINKING ARMS), ROLLING VINE TO LEFT (AIR GUITAR)

- 1-4 Linking arms with people on either side: step right to right side, step left behind right, step right to right side, touch left heel to left diagonal
- 5-8 Rolling vine to left, touch right beside left (while playing air guitar)

Begin again

Tag is only needed when using the Jewel version of Sweet Home Alabama, not needed when using Lynyrd Skynyrd/Steve Miller Band versions