

# Sweet Alabama

**COPPER KNOB**  
BY STEPHEN B. BROWN

拍數: 32      牆數: 4      級數: Intermediate  
編舞者: Tracy Brown (UK)  
音樂: Sweet Home Alabama - Lynyrd Skynyrd



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## RIGHT TOE, HEEL, STOMP, LEFT TOE, HEEL STOMP, RIGHT MAMBO ROCK, $\frac{3}{4}$ TRIPLE TURN

1&2      Touch right toe to left instep, touch right heel to left instep, stomp right forward  
3&4      Touch left toe to right instep, touch left heel to right instep, stomp left forward  
5&6      Rock right forward, rock left back into place, step right beside left  
7&8       $\frac{3}{4}$  triple turn left - stepping left, right, left

## RIGHT SIDE ROCK CROSS, LEFT SIDE ROCK CROSS, RIGHT SIDE ROCK CROSS, LEFT SIDE ROCK $\frac{1}{2}$ TRIPLE TURN LEFT

9&10      Rock right to right side, rock onto left in place, cross right over left  
11&12      Rock left to left side, rock onto right in place, cross left over right  
13&14      Rock right to right side, rock onto left in place, cross right over left  
15&16      Rock left to left side, rock onto right in place pivoting  $\frac{1}{2}$  turn left on right, step left beside right

Steps 9-14 done traveling forward

## RIGHT CROSS ROCK, LEFT CROSS ROCK RIGHT ROCK $\frac{1}{2}$ TURN, LEFT ROCK $\frac{1}{4}$ TURN

17&18      Cross rock right over left, rock onto left in place, step right beside left  
19&20      Cross rock left over right, rock onto right in place, step left beside right  
21&22      Rock right forward, rock onto left in place, pivot  $\frac{1}{2}$  turn right stepping onto right  
23&24      Rock left forward, rock onto right in place, pivot  $\frac{1}{4}$  turn left stepping onto left

## RIGHT CROSS ROCK, LEFT CROSS ROCK RIGHT ROCK $\frac{1}{4}$ TURN, STOMP LEFT, HOLD, DOUBLE CLAP

25&26      Cross rock right over left, rock onto left in place, step right beside left  
27&28      Cross rock left over right, rock onto right in place, step left beside right  
29&30      Rock right forward, rock onto left in place, pivot  $\frac{1}{4}$  turn right stepping onto right  
31&32      Stomp left forward, hold, double clap

**REPEAT**

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