

Alabama Slide

COPPER KNOB
STEPSHEETS

拍數: 48 牆數: 2 級數: Improver east coast swing
編舞者: Duke Stogner (USA)
音樂: Heads Carolina, Tails California - Jo Dee Messina



STEP SLIDE, STEP STEP, STEP SLIDE, STEP STEP

1-2 Step right, hold and point left toe to left side
3-4 Step left, right in place, snap twice
5-6 Step left, hold and point right toe to right side
7-8 Step right, left in place, snap twice

STEP BACK HOLD, BACK HOLD, STEP KNEE STEP STEP

1-4 Step back right, hold, step back left hold
5-6 Step forward right, lift left knee turning $\frac{1}{4}$ right, facing 3:00
7-8 Step left, right in place

Styling tip: on the step back right, add a slight twist to the left; on the step back left, add a slight twist to the right

STEP KNEE, STEP STEP, STEP KNEE, STEP STEP

1-2 Step left, lift right knee and hit knee with left hand
3-4 Step right, left in place
5-6 Step right, lift left knee and hit knee with right hand
7-8 Step left, right in place

STEP BACK TOUCH, FORWARD TOUCH, BACK TOUCH, FORWARD TOUCH

1-2 Step back left, touch right to left
3-4 Step forward right, touch left to right
5-6 Step back left, touch right to left
7-8 Step forward right, touch left to right

Styling tip: these step touches are like the Electric Slide. Add a lean back when stepping back; add a lean forward when stepping forward

STEP SIDE TOGETHER SIDE TOUCH, SIDE TOGETHER SIDE TOUCH

1-4 Step left to side, bring right together with left, step left to side, touch right to left
5-8 Step right to side, bring left together with right, step right to side, touch left to right

Styling tip: can be done like The Supremes or The Temptations swiveling on balls of feet and moving shoulders

WALK BACK 3, TOUCH, STEP KNEE STEP TOUCH

1-3 Walk back left-right-left, touch right to left
5-6 Step right forward, lift left knee and turn $\frac{1}{4}$ right, facing 6:00
7-8 Step left to side, touch or stomp right (no weight)

REPEAT