

Sweet Home Alabama

COPPER KNOB
STEPPERS

拍數: 48 牆數: 4 級數: Improver
編舞者: Teri Rogers (USA)
音樂: Sweet Home Alabama - Lynyrd Skynyrd : (CD: All Time Greatest Hits)



VINE RIGHT, HEEL JACK, CLAP, BALL-CROSS, STEP, CROSS BEHIND, STEP LEFT

1-2 Step right to right side, step left behind right
&3-4 Step right to right side, touch left heel to left side (slightly toward front), clap
&5-6 Step on ball of left foot, cross right over left, step left next to right
7-8 Cross right behind left, step left to left side

KICK-BALL-CHANGE, KICK-BALL-CHANGE, VINE RIGHT, TOUCH

1&2 Kick right foot forward, step on ball of right foot, step left next to right
3&4 Kick right foot forward, step on ball of right foot, step left next to right
5-6 Step right to right side, cross left behind right
7-8 Step right to right side, touch left next to right

KICK BALL-CHANGE, KICK-BALL-CHANGE, VINE LEFT, TOUCH

1&2 Kick left foot forward, step on ball of left foot, step right next to left
3&4 Kick left foot forward, step on ball of left foot, step right next to left
5-6 Step left to left side, cross right behind left
7-8 Step left to left side, touch right next to left

SIDE ROCK, RECOVER, CROSS ROCK, RECOVER, RIGHT SAILOR, LEFT SAILOR

1-2 Rock right to right side, recover on left
3-4 Cross rock right over left, recover on left
5&6 Cross right behind left, step left to left side, step right next to left
7&8 Cross left behind right, step right to right side, step left next to right

RIGHT LOCKING SHUFFLE, LEFT LOCKING SHUFFLE, STEP, TURN ¼ LEFT, CROSS SHUFFLE

1&2 Step forward on right, lock left behind right, step forward on right
3&4 Step forward on left, lock right behind left, step forward on left
5-6 Step forward on ball of right foot, pivot ¼ left
7&8 Cross right over left and shuffle right, left, right

ROCK FORWARD, RECOVER, ½ LEFT TURNING SHUFFLE, SCUFF, KNEE TURNING IN AND OUT

1-2 Rock forward on left, recover on right
3&4 Turning shuffle ½ left shuffling left, right, left
5-6 Scuff right foot to right side, touch right toe next to left
7-8 Turn right knee in toward left, turn right knee out making a ¼ right turn

REPEAT