

Alabamie Bound

Compte: 48

Mur: 4

Niveau: Intermediate/Advanced



Chorégraphe: Nancy Morgan (USA)

Musique: The Mississippi Kid - The GrooveGrass Boyz

FORWARD HEEL TAP TWICE, BACK TOE TAP TWICE, SIDE TO SIDE, HEEL TO ¼ TURN HEEL

1-2 Tap right heel forward twice

&3-4 Put right next to left as you put your left toe back and tap toe twice

The next 4 counts are double timed

&5&6 Put your left next to right as you put your right out to your right side, put your right next to your left as you put your left out to your left side

&7&8 Put your left next to your right as you put your right heel forward, put your right next to your left and do a ¼ turn to your left as you step on your left foot

JAZZ BOX WITH ¼ TURN AND STOMP, SHUFFLE FORWARD, ½ TURN

1-2-3-4 Quickly put left next to right as you cross right over left, step back on left, step right foot forward, stomp left next to right (as you do this jazz box turn ¼ turn to right)

5&6-7-8 Shuffle forward - right, left, right, step left foot forward, pivot ½ turn to right putting weight on right

LEFT HEEL, BALL, CROSS, HEEL, BALL, CROSS, HEEL, BALL, CROSS AND HEEL AND TOGETHER (REPEAT WITH RIGHT)

1&2-3&4 Put left heel forward, put left ball of foot next to right, cross right over left, repeat

5&6&7&8 Put left heel forward, put left ball of foot next to right, cross right over left, put left next to right as you put right heel out diagonally, step right to right side, put left next to right

1&2-3&4 Put right heel forward, put right ball of foot next to left, cross left over right, repeat

5&6&7&8 Put right heel forward, put right ball of foot next to left, cross left over right, put right next to left as you put left heel out diagonally, step left to left side, put right next to left

ROCK FORWARD, ¼ TURN SHUFFLE, ROCK FORWARD, ½ TURN SHUFFLE

1-2-3&4 Rock forward on right and back on left, turn ¼ turn to right and shuffle forward, right, left, right

5-6-7&8 Rock forward on left and back on right, turn ½ turn to left and shuffle forward, left, right, left

TURN A FULL TURN TO THE RIGHT, CLAP, TURN A FULL TURN TO LEFT, CLAP

1-2-3-4 Turn to the right a full turn for 3 counts, clap on 4

5-6-7-8 Turn to the left a full turn for 3 counts, clap on 4

REPEAT
