

# Alabama

**COPPER KNOB**  
STEPPERS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Robbie Carrington (USA) - September 2016  
音乐: Sweet Home Alabama - Lynyrd Skynyrd



**Start On 32 Count Just Before vocals**

**[1 - 8] RIGHT ROCK ACROSS, RECOVER, CHA, LEFT ROCK ACROSS, RECOVER, CHA**

1 - 2      Cross right over left, Recover left  
3 & 4      Side cha (right, left, right)  
5 - 6      Cross left over right, Recover right  
7 & 8      Side cha (left, right, left)

**[9-16] CHA BOX**

1 - 2      Right to Right, Close left to right  
3 & 4      Back Cha (left, right, left)  
5 - 6      Left to left, Close right to left  
7 & 8      Forward Cha (left, right, left)

**[17-24] ROCK FORWARD, RECOVER, BACK CHA, ROCK BACK, RECOVER, FORWARD CHA**

1 - 2      Rock forward right, Recover left  
3 & 4      Back cha (right, left right)  
5 - 6      Rock back left, Recover right  
7 & 8      Forward cha (left, right, left)

**[25-32] RIGHT SUGAR FOOT, CHA, LEFT SUGAR FOOT, CHA TURNING ¼ LEFT**

1 - 2      Touch right toe at arch of left foot, Touch right heel at arch of left foot  
3 & 4      Cha in place (right, left, right)  
5 - 6      Touch left toe at arch of right foot, Touch left heel at arch of right foot  
7 & 8      Cha turning ¼ left (left, right, left)

**Start Over**

**Contact: Submitted by Diane Ellis: [dchwt@yahoo.com](mailto:dchwt@yahoo.com)**

**Last Update – 9th Nov 2016**