

Alabama Chasin'

COPPERKNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: Beginner
编舞者: Debbie Rushton (UK) - March 2023
音乐: Ala-Damn-Bama - Martin McDaniel



Count In: After 24 counts on lyrics

SIDE BEHIND & HEEL & CROSS, SIDE BEHIND & HEEL & CROSS

1 2 Step R to R side, Cross L behind R
&3&4 Step R to R side, Touch L heel to L diagonal, Step L beside R, Cross R over L
5 6 Step L to L side, Cross R behind L
&7&8 Step L to L side, Touch R heel to R diagonal, Step R beside L, Cross L over R

DIAGONAL SHUFFLE RIGHT, DIAGONAL SHUFFLE LEFT, JAZZ BOX CROSS

1&2 Shuffle forward to R diagonal stepping R L R
3&4 Shuffle forward to L diagonal stepping L R L
5 6 Cross R over L, Step back on L
7 8 Step R to R side, Cross L over R

WALK WALK SHUFFLE x2 MAKING FULL CIRCLE CLOCKWISE OVER R SHOULDER

1 2 Make 1/8 turn R stepping R forward, Make 1/8 turn R stepping L forward
3&4 Make 1/8 turn R stepping R forward, Step L next to R, Make 1/8 turn R stepping forward R
5 6 Make 1/8 turn R stepping L forward, Make 1/8 turn R stepping R forward
7&8 Make 1/8 turn R stepping L forward, Step R next to L, Make 1/8 turn R stepping forward L

ROCK RECOVER COASTER STEP, STEP PIVOT ¼ TURN, R HEEL SWIVEL x2

1 2 Rock forward on R, Recover back onto L
3&4 Step back on R, Step L beside R, Step R forward
5 6 Step forward on L, Pivot ¼ turn R keeping weight on L
&7&8 Swivel R heel out, Swivel R heel in, Swivel R heel out, Swivel R heel in

TAG 1 (at the end of wall 4 facing 12 o clock) - STOMP STOMP, CLAPx4

1 2 Stomp R foot, Stomp L foot
3&4& Clap 4 times

TAG 2 (at the end of wall 8 facing 12 o clock) - ROCKING CHAIR, STOMP STOMP, CLAP x4

1 2 Rock forward on R, Recover back on L
3 4 Rock back on R, Recover forward on L
5 6 Stomp R foot, Stomp L foot
7&8& Clap 4 times

ENJOY!!□

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