

# Alabama Gramma

COPPER KNOB  
STEPSHEETS

拍數: 32      牆數: 4      級數: Upper Beginner  
編舞者: Nancy Morgan (USA) - May 2013  
音樂: Alabama Grammer by Nelly vs Lynard Skynard



**Begin: After 32 Counts or on the Verse.**

## **TOUCH OUT, TOGETHER, HEEL, TOGETHER, SLIDE LEFT TO RIGHT, STOMP, REPEAT WITH LEFT**

- 1&2&      Touch Right toes out to Right side, touch Right next to Left, Tap Right Heel forward, touch Right next to Left
- 3,4      Step Right out to Right side, stomp Left next to Right
- 5&6&      Touch Left toes out to Left side, touch Left next to Right, Tap Left Heel forward, touch Left next to Right
- 7,8      Step Left out to Left side, stomp Right next to Left

## **STEP FORWARD, LIFT KNEE, SHUFFLE FORWARD, STEP FORWARD, LIFT KNEE, BACK, SHUFFLE FORWARD**

- 1,2      Step forward on Right, as you rock back on Left, Lift Right knee
- 3&4      Shuffle forward – Right, Left, Right
- 5,6      Step forward on Left, as you rock back on Right, Lift Left Knee
- 7&8      Shuffle forward – Left, Right, Left

## **HEEL AND HEEL AND STEP ¼ TURN LEFT, JAZZ BOX**

- 1&2&      Tap Right Heel forward, Step Right next to Left, Tap Left heel forward, Step Left next to Right
- 3,4      Step forward on Right, pivot ¼ turn to Left
- 5,6,7,8      Cross Right over Left, step back on left, step Right to Right side, cross Left over Right

## **SIDE ROCK, KICK-BALL CHANGE, KICK-BACK, TOUCH, STEP, STOMP**

- 1,2      Rock/Step Right to Right side, return weight to Left
- 3&4      Kick Right foot slightly forward, step Right next to Left as you lift Left foot off of ground, step Left next to Right
- 5&6      Kick Right foot slightly forward, step back on Right, touch Left toes forward with knee bent
- 7,8      Step forward on Left, stomp Right next to Left

## **REPEAT**

Contact ~ Email: [nancymorgan@hotmail.com](mailto:nancymorgan@hotmail.com)