

Alabamie Gramma

COPPER KNOB
STEPPERS

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

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| 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

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| 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

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|---------|---|
| 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

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|-----|--|
| 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

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