Alabama Swing (P)

拍數: 48

級數: Partner

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音樂: Should've Asked Her Faster - Ty England

Men's steps listed, Lady's opposite, Holding inside Hands, facing LOD

[1-8] Modified Rumba Box with Shuffle x 2.

- Side step to left with left, bring Right next to Left. 1-2
- 3&4 Left shuffle forward L.R.L.
- 5-6 Side step to Right with Right, bring Left next to Right.
- 7&8 Right shuffle forward R.L.R.

[9-16] 1/4 turn, Walk forward, Shuffle forward x 2.

- Walk forward 1/4 turn Right with Left, step Right behide Left, touching left hand with ladies 1-2 Right hand.
- 3&4 1/4 Left, left shuffle forward L.R.L
- 5-6 Walk forward 1/4 turn Left with Right stepping left behind Right.
- 7&8 1/4 turn Right, Right shuffle forward R.L.R.

[17-24] Side Rock, Cross Shuffle x 2.

- Side rock to the Left, Rock back onto Right. 1-2.
- 3&4. Let go of ladies hand, cross shuffle going Right, going behide lady L.R.L.
- 5-6. Side rock to the Right, rocking back onto Left.
- 7&8. cross shuffle R.L.R, passing in front of lady rejoining hands.

[25-32]. Walk, Coaster Step x 2

- 1-2. Walk forward Left, Right.
- 3&4. Step forward Left, Right step back Left.
- 5-6. Walk back Right, Left.
- 7&8. Step back Right, Left Sep forward Right.

[33-40]. Walk, Shuffle x 2

- 33-34. Walk forward Left, Right.
- 35&36. Left shuffle forward L.R.L.
- 37-38. Walk forward Right, Left.
- 39&40. Right shuffle forward R.L.R

[41-48]. Step turn, Shuffle x 2.

- 41-42 Step forward Left 1/2 pivot turn Right.
- 43&44 Left shuffle forward L.R.L.
- 45-46. Step forward Right 1/2 pivot turn Left.
- 47&48. Right shuffle forward R.L.R.

Repeat and Enjoy



牆數: 0