

ALABAMA CHASIN'



Chorégraphe : Debbie Rushton (UK) - March 2023

Description : Débutant / 32 comptes / 4 murs / 2 tags

Musique : Ala-Damn-Bama by Martin McDaniel

Intro : Après 24 comptes sur les paroles

1-8 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

9-16 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

17-24 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

35-32 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

Bonne Danse!