

Alabama Shuffle

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Pamela Ahearn , B-Line Dancing, Australia, April 2015

Music: Sweet Home Alabama - Lynyrd Skynyrd. Album: Formule 1 Top 100

#32 count intro, start dancing on lyrics

(1-8) RIGHT & LEFT MAMBOS, KICK-BALL-CHANGE, PIVOT ½ LEFT

- 1&2** Step/rock R to side, recover on L, step R beside L
- 3&4** Step/rock L to side, recover on R, step L beside R
- 5&6** Kick R fwd, step on ball of R beside L, step L beside R
- 7,8** Step R fwd, pivot ½ left (weight on L) (6:00)

(9-16) SHUFFLE FORWARD X 2, KICK-BALL-CHANGE, PIVOT ¼ LEFT

- 1&2** Step R fwd, step ball of L beside R, step R fwd
- 3&4** Step L fwd, step ball of R beside L, step L fwd
- 5&6** Kick R fwd, step on ball of R beside L, step L beside R
- 7,8** Step R fwd, pivot ¼ left (weight on L) (3:00)

(17-24) CROSS ROCK, CHASSE RIGHT, CROSS ROCK, CHASSE LEFT

- 1,2** Cross R over L, recover on L
- 3&4** Step R to side, step L beside R, step R to side
- 5,6** Cross L over R, recover on R
- 7&8** Step L to side, step R beside L, step L to side

(25-32) ROCK FORWARD, RECOVER, ½ TURN SHUFFLE , PIVOT ½, SHUFFLE FORWARD

- 1,2** Step/rock R fwd, recover on L
- 3&4** Turning ½ right step R fwd, step ball of L beside R, step R fwd (9:00)
- 5,6** Step L fwd, pivot ½ right (weight on R) (3:00)
- 7&8** Step L fwd, step ball of R beside L, step L fwd

REPEAT

Contact: www.b-linedancing.webs.com

