

# Alpha & Omega

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**Count:** 64      **Wall:** —      **Level:** Beginner

**Choreographer:** Jaime Macias - April 2020

**Music:** "Down On Your Uppers" / Derek Ryan

## **SEC1: TRIPLE STEP, STEP STOMP COMBINATION X 3**

**1-2**diagonally right fwd , left at side

**3-4**diagonally right fwd, stomp Left at side

**5-6**diagonally left back, stomp right at side

**7-8**diagonally right back, stomp Left at side

## **SEC2: HEEL TOUCH,1/2 TURN L TOE STRUIT X2, STOMP R, HOLD**

**1-2**heel Left fwd, recover left

**3-4** $\frac{1}{2}$  turn left toe touch right , drop right heel

**5-6** $\frac{1}{2}$  turn left toe touch left, drop left heel

**7-8**stomp right, hold

## **SEC3: SLOW KICK BALL CROSS,HOLD,SIDE ROCK STEP R, STOMP R,HOLD**

**1-2**kick right fwd, recover right

**3-4**cross left over right,hold

**5-6**rock right at side, recover left

**7-8**stomp right beside left, hold

## **SEC4: SAILOR $\frac{1}{4}$ TURN L, HEEL TOUCH L, TRIPLE STEEP R, HOLD**

**1-2** $\frac{1}{4}$  turn left step left back, right at side

**3-4**heel left fwd , recover left

**5-6**right fwd, left at side

**7-8right fwd,hold**

**SEC5: PIVOT ½ TURN R, HEEL STRUIT X 3**

**1-2left fwd , pivot ½ turn right**

**3-4heel left fwd, recover left**

**5-6heel right fwd, recover left**

**7-8heel left fwd, recover left**

**SEC6: ROCKING CHAIR X 2**

**1-2** Rock right fwd, recover left

**3-4** Rock right back, recover left

**5-6** Rock right fwd, recover left

**7-8** Rock right back, recover left

**SEC7: VINE R, ROLLING VINE L,SCUFF R**

**1,2right at right, left cross behind right**

**3,4right at side, toe touch left to side**

**5,6¼ turn left recover left, ¼ turn left right fwd**

**7,8½ turn left step left fwd, scuff right**

**SEC 8: VAUDEVILLE L, TOE TOUCH L FWD,CROSS BACK TOE TOUCH R, SCUFF R**

**1-2cross right over left, left at side**

**3-4touch right heel fwd, right together**

**5-6touch left heel fwd, left together**

**7-8toe touch right cross behind left, scuff right**

**TAG**

**1-2left fwd, recover left**

**Walls 2 & 5 Only 62 counts & restart**

**Wall 4 Only 32 Counts 2 Counts TAG & restart**

**Thanks 4 Reading!**

**COPPERKNOB (144.217.101.242)**

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