

Ala-Freakin-Bama

LINEDANCE.COM

Count: 32 **Wall:** 4 **Level:** Beginner

Choreographer: Harlan Curtis February 19, 2010

Music: "Ala-Freakin-Bama" by Trace Adkins CD Single: Ala-Freakin-Bama, Capitol Records

Start dance on vocals.

OUT, OUT, RETURN & CROSS, SWAY, SWAY, LEFT TRIPLE STEP

- 1-2** Step diagonally forward on right, step diagonally forward on left
- 3&4** Step back on right, step left back next to right, cross right over left
- 5-6** Step left to left side and sway hips left, sway hips right
- 7&8** Triple to the left side left, right, left (12:00)

CROSS ROCK, RECOVER, 1/4 TURN RIGHT TRIPLE STEP, STOMP, HOLD, KICK BALL CHANGE

- 1-2** Cross rock right over left, recover on left
- 3&4 1/4 turn right triple step to the right side right, left, right (3:00)**
- 5-6** Stomp left foot next to right, hold
- 7&8** Kick right foot forward, step right beside left, step onto left in place

ROCK FORWARD, RECOVER, 1/4 TURN RIGHT TRIPLE STEP, SWAY, SWAY, LEFT TRIPLE STEP

- 1-2** Rock forward on right, recover on left
- 3&4 1/4 turn right triple step to the right side right, left, right (6:00)**
- 5-6** Step left to left side and sway hips left, sway hips right
- 7&8** Triple to the left side left, right, left

CROSS ROCK, RECOVER, 1/4 TURN RIGHT TRIPLE STEP, SKATE, SKATE, FORWARD TRIPLE STEP

- 1-2** Cross rock right over left, recover on left
- 3&4 1/4 turn right triple step to the right side right, left, right (9:00)**
- 5-6** Skate left, skate right

7&8 Triple step forward left, right, left

Repeat

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Source: LineDance.com — https://www.linedance.com/index.php?f=dance_view&id=79122