

# Ala-Freakin-Bama

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**Count:** 64

**Wall:** 4

**Level:** Intermediate

**Choreographer:** Mike Hitchen

**Music:** Ala-Freakin-Bama by Trace Adkins

## Start 16 Counts From Heavy Beat - 1 Restart, wall 2

### Kick & cross, Kick & cross, Rock step, Behind side turn

- 1&2** Kick right forward, Cross left over right
- 3&4** Kick right forward, Cross left over right
- 5-6** Rock right to side, Return weight to left
- 7&8** Step right behind left, Step left  $\frac{1}{4}$  turn left, Step right forward

### Rock Step, Coaster Step, 2 Step $\frac{1}{2}$ Turns,

- 1-2** Rock forward on left, Return weight to right
- 3&4** Step left back, Step right together, Step left forward
- 5-6** Step forward on right, pivot  $\frac{1}{2}$  turn left
- 7-8** Step forward on right, Pivot  $\frac{1}{2}$  turn left

### Cross side behind & heel, & cross turn $\frac{1}{4}$ turn $\frac{1}{4}$ Forward on right

- 1-2** Cross right over left, Step left to side
- 3&4** Cross right behind left, Step left to side, Touch right heel diagonal forward
- &5-6** Step right in place, Cross left over right, Turn  $\frac{1}{4}$  left stepping right back
- 7-8** Turn  $\frac{1}{4}$  turn left stepping left to side, Step right foot forward

### Left shuffle, Shuffle $\frac{1}{2}$ turn, Rock turn, Cross shuffle

- 1&2** Step left forward, Step right together Step left forward
- 3&4** Step right  $\frac{1}{4}$  turn left, Step left together, Step right  $\frac{1}{4}$  turn left
- 5-6** Rock back on left, Return to right  $\frac{1}{4}$  turn left
- 7&8** Cross left over right, Step right to side Cross right over left

### Side Rock, Sailor $\frac{1}{4}$ Turn, Step $\frac{3}{4}$ Turn, Side Shuffle

- 1-2** Rock right to side, Recover weight to left

- 3&4** Cross R behind L, Turn  $\frac{1}{4}$  R stepping L To L side, Step forward on right
- 5-6** Step left forward, Pivot  $\frac{3}{4}$  turn right
- 7&8** Step L to side, Step R together, Step L to side

### **R Sailor, L Sailor $\frac{1}{4}$ Turn, Step $\frac{1}{2}$ Turn, Walk Walk**

- 1&2** Step R behind L Step L to L side, Step R to R side
- 3&4** Step L behind R, Turn  $\frac{1}{4}$  L stepping R to R side, Step forward on L
- 5-6** Step forward on R, Pivot  $\frac{1}{2}$  turn left
- 7-8** Walk forward R, Walk forward L

### **Restart Here - Wall 2**

### **Shuffle $\frac{1}{2}$ Turn, Shuffle $\frac{1}{4}$ Turn, Cross Rock, Shuffle $\frac{1}{4}$ Turn**

- 1&2** Step R  $\frac{1}{4}$  turn left, Step L together Step R back  $\frac{1}{4}$  turn left
- 3&4** Step L  $\frac{1}{4}$  turn left, Step R together, Step L so side
- 5-6** Cross rock R over left, Return weight to L
- 7&8** Step R to side, Step L together, Step R  $\frac{1}{4}$  turn right

### **Kick And Touch, Kick And Touch, Rock Step, Shuffle $\frac{1}{2}$ Turn**

- 1&2** Kick L forward, Step on L, Touch R to side
- 3&4** Kick R forward, Step on R, Touch L to side
- 5-6** Rock forward on L, Return weight to R
- 7&8** Step L  $\frac{1}{4}$  turn L, Step R together, Step L  $\frac{1}{4}$  turn L

### **Happy Dancing**