

ALBERTA

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Count: 48

Wall: 4

Level: beginner/intermediate west coast swing

Choreographer: Carol Jorgensen

Music: Alberta by Eric Clapton

After the "false start" in the music, count to 3 and begin with the instrumental

WALK, WALK, TRIPLE IN PLACE, LEFT AND RIGHT SAILORS

- 1-2 Right foot walk forward, left foot walk forward
- 3&4 Triple in place (right-left-right) with ball of right foot behind heel of left foot
- 5&6 Left foot sailor shuffle (left-right-left)
- 7&8 Right foot sailor shuffle (right-left-right)

ROCK STEP, COASTER, ROCK STEP, SWEEP ½ TURN TO COASTER

- 1-2 Left foot rock forward, recover to right foot
- 3&4 Coaster (left foot step back, right foot step next to left foot, left foot step forward)
- 5-6 Right foot rock forward, recover to left foot
- 7&8 Right foot sweep ½ turn to right into coaster step (right-left-right) (to 6:00)

½ WALKAROUND TURN, FULL TURN TO LEFT, TRIPLE, BACK ROCK

- 1-2 Left foot step forward, turn ½ to right, step onto right foot (to 12:00)
- 3-4 Full turn to right, progressing slightly forward, left foot back, right foot forward
- 5&6 Triple in place, left-right-left
- 7-8 Back rock step, right-left

SYNCOPATED TOE TOUCHES, TRIPLE FORWARD, ROCK STEP, ½ SWEEP TO COASTER

- 1&2& Right toe touch forward, step back; left toe touch forward, step back
- 3&4 Triple forward (right-left-right)
- 5-6 Forward rock step (left foot-right foot, sweeping left foot around to coaster)
- 7&8 Coaster (left foot step back, right foot step next to left foot, left foot step forward) (to 6:00)

SIDE ROCK, SAILOR, ¼ TURNING SAILOR, ¼ TURNING ROCK STEP

- 1-2 Right foot rock to right, recover to left foot

- 3&4** Left foot sailor shuffle (right-left-right)
- 5&6** Right foot sailor shuffle (left-right-left), turning $\frac{1}{4}$ to left (9:00)
- 7-8** Right foot rock forward, recover to left foot with $\frac{1}{4}$ turn left (12:00)

WALK, WALK, COASTER, LEFT FOOT FORWARD ROCK STEP, $\frac{1}{4}$ TURNING SAILOR

- 1-2** Right foot walk forward, left foot walk forward
- 3&4** Coaster back: right foot step back, left foot step next to right foot, right foot step forward
- 5-6** Left foot rock forward, recover to right foot
- 7&8** Triple in place (left-right-left), turning $\frac{1}{4}$ left to 9:00*

REPEAT

ENDING

The sixth and last time you do the dance, you will be facing 9:00 prior to the 7&8 count triple turn at the end of the set. Instead of a $\frac{1}{4}$ turn here, make a $\frac{3}{4}$ turn to end the dance facing front (12:00)