



ALABAMA SHUFFLE

Song: Sweet Home Alabama

Artist: Lynyrd Skynyrd Album: Formule 1 Top 100

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

www.b-linedancing.webs.com

Description: 32 Count, 4 Wall, Improver Line Dance, 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