

ALA-FREAKIN-BAMA



Choreographed By: Harlan Curtis February 19, 2010

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Diamond Bar, California, USA

Description: 32 count, 4 wall, Beginner Line Dance

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

West Coast Swing Rhythm, 120 BPM

CD Single: Ala-Freakin-Bama, Capitol Records, December 22, 2009

Music is available at the artist's website & iTunes.

You-Tube video : http://www.youtube.com/watch?v=toc_zHbK1go

Start dance on vocals.

Counts

Step Descriptions

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