

# Old Alabama

Choreographed by : Esmeralda v.d. Pol (NL)  
Count : 32 counts  
Wall : 4 wall  
Level : Beginner  
Music : “ Old alabama “ by Brad Paisley



**Intro : 32 counts from the heavy beat**

**::1::WALK, WALK, FWD ROCK, STEP BACK, COASTER STEP, STEP FWD**

1-2 Step R fwd, Step L fwd  
3-4 Rock R fwd, Recover on L  
5 Step R back  
6&7 Step L back, Step R next to L, Step L fwd  
8 Step R fwd

**::2::SHUFFLE FWD, PIVOT ½ TURN L, SHUFFLE ½ TURN L, ROCK BACK**

1&2 Step L fwd, Step R next to L, Step L fwd  
3-4 Step R fwd, Make ½ Turn L-weight on L  
5&6 Make ¼ turn L-step R to R side, Step L next to R, Make ¼ turn L-step R back  
7-8 Rock L back, Recover on R

**::3::HEEL SWITCHES, & FWD ROCK, SAILOR STEP, BEHIND, ¼ TURN L, STEP FWD**

1&2& Touch L Heel fwd, Step L next to R, Touch R Heel fwd, Step R next to L  
3-4 Rock fwd on L, Recover on R **\*\* restart 4<sup>th</sup> and 7<sup>th</sup> wall**  
5&6 Cross L behind R, Step R to R side, Step L to L side  
7&8 Cross R behind L, Make ¼ turn L-step L fwd, Step R fwd

**::4::TOE STRUT X2, SIDE ROCK, COASTER STEP**

1-2 Touch L toe diagonally fwd, Place L heel down  
3-4 Touch R toe across L, Place R heel down  
5-6 Rock L to L side, Recover on R  
7&8 Step L back, Step R next to L, Step L fwd.

**Restart 4th and 7th wall**

**Dance up to count 4 of section 3, add a & count to step LF next to RF, en start again**

**Tag : At the end of the 3rd , 6th and 9th wall.**

**PIVOT ½ TURN L X2**

1-2 **Step RF fwd, Make ½ Turn L**  
3-4 **Step RF fwd, Make ½ Turn L**

