

## Ala-Freakin-Bama

32 Count, 4 Wall, Beginner, WCS

Choreographer: Harlan Curtis (USA) February 2010

Choreographed to: Ala-Freakin-Bama by

Trace Adkins, CD Single (120 bpm)

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Start dance on vocals.

### **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

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Music is available at the artist's website