

S.H.A.

32 Count - 2 Wall Line Dance. Intermediate 32-count intro.

Choreographed by Jenny Stephenson & Nicola Lafferty (May 2005)

Music: 'Sweet Home Alabama' by Jewel

1-8 Walk, ½ Turn, Coaster Step, ¾ turn with Hitches, Cross Rock and Slide

1,2 Walk fwd R, Making ½ turn R, step back on L

3&4 R Coaster Step

&5 Hitch L knee, make ¼ turn R stepping L to L side

&6 Hitch R knee, make ½ turn R stepping R to R side

7&8 Cross rock L over R, recover weight on R, Step L big step to L side

9-16 Coaster Step, ½ Pivot, Locks with Knee Pops

1&2 R Coaster Step

3,4 Step fwd L, ½ Pivot R

5,6 Step fwd L, lock R behind L, popping both knees fwd

7,8 Step fwd L, lock R behind L, popping both knees fwd

17-24 Step, Brush, Hitch, ¼ Turn, Cross Shuffle, Hip Push, ½ Turn

1,2& Step fwd L, Brush R foot fwd, Hitch R knee, making ¼ turn L

3&4 R Cross Shuffle

5 Step L foot a big step to L side, sit into hip and raise toe of R foot

6 Recover weight onto R foot

7 Cross L foot over R foot

& Making ¼ turn L, step back on R foot

8 Making ¼ turn L, step L foot to L side

25-32 Syncopated Rocks in second position, Cross, ¼ Turn, Ball change & Walks

&1 Keeping feet apart in 2nd position and angling body to L diagonal, step R foot in place, step L foot in place

&2 Keeping feet apart in 2nd position and angling body to L diagonal, step R foot in place, step L foot in place

3,4 Cross R foot over L foot, Step L foot back while making ¼ turn R

&5 Step R beside L, Step L foot small step fwd

6 Step R foot fwd

7 Making ¼ turn L, Step L foot fwd

&8 Step R foot fwd, ½ pivot L, taking weight onto L

Tag - occurs once, after first wall of dance:

1-8 Grapevine to R (linking arms), Rolling Vine to L (air guitar)

1-4 Linking arms with people on either side: Step R to R side, Step L behind R, Step R to R side, Touch L heel to L diagonal

5-8 Rolling vine to L, touch R beside L (while playing air guitar)

Begin Again

* Please note – Tag is only needed when using the Jewel version of Sweet Home Alabama, not needed when using Lynard Skynard/Steve Miller Band versions.