

SWEET HOME ALABAMA

MUSIC: Lynyrd Skynyrd CD Forest Gump The Sound Track (CD2 Track 12)
CHOREO: Georgie Higgs Nelson New Zealand 2005
LEVEL: Intermediate Plus
SEQUENCE: INST A BRK B CH BRK A CH INST* BRK B CH* END
INTRO: Listen for the 1,2,3 count in the music - then count 1 to start Left Foot Lead

COUNTS CUE

INST

8 Cowboy Basic Twist 1/4 L
24 Repeat 3 more times

PART A

8 Flat Samantha
4 Alabama Drag
4 Stomp Double
16 Repeat opp footwork

BREAK

16 Flat Red Rooster L & R

PART B

8 Flat Swayback
4 Double Basic Skuff
4 Stomp Double
16 Repeat opp footwork

CHORUS

8 Jackaroo Drag
8 Flat Gypsy Slide
16 Repeat

BREAK

16 Flat Red Rooster L & R

PART A

8 Flat Samantha
4 Alabama Drag
4 Stomp Double
16 Repeat opp footwork

CHORUS

8 Jackaroo Drag
8 Flat Gypsy Slide
16 Repeat

COUNTS CUE

INST*

8 Cowboy Basic Twist 1/2 L
8 Triple Tennessee Switch
4 Donkey
4 Flat Patsy
8 Flat Gypsy Slide
32 Repeat to front

BREAK

16 Flat Red Rooster L & R

PART B

8 Flat Swayback
4 Double Basic Skuff
4 Stomp Double
16 Repeat opp footwork

CHORUS*

8 Jackaroo Drag 1/4 L
8 Flat Gypsy Slide
48 Repeat 3 more times

END

8 Cowboy Basic Twist 1/4 L
24 Repeat 3 more times

8 Cowboy Basic Twist 1/2 L
8 Repeat to front



APPROVED
20 MAY 2005

Step descriptions for: **SWEET HOME ALABAMA**

COWBOY BASIC TWIST

			(xif)						(H's L)	(H's R)	
DS	DS	DS	BR	SL	[DS	RS](1/4 L)	DT		TW/TW	TW/TW	SL
L	R	L	R	L	R	LR	L		L/R	L/R	R
&a1	&a2	&a3	&	4	&a5	&6	&a		7	&	8

FLAT SAMANTHA

	(xif)		(bk)		(bk)					
DS	TNDN	DR	S	DR	S	RS	DS	DS	RS	
L	R	R	L	L	R	LR	L	R	LR	
&a1	e&a2	&	3	&	4	&5	&a6	&a7	&8	

ALABAMA DRAG

			(bk)			
DS	DT	H	RS	DR	S	
L	R	L	RL	L	R	
&a1	&a	2	&3	&	4	

FLAT RED ROOSTER

(ots)	(xif)	(ots)	(xib)	(ots)	(xif)					
DS	DS	BA	BA	BA	S	DS	TNDN	TNDN	RS	
L	R	L	R	L	R	L	R	L	RL	
&a1	&a2	&	3	&	4	&a5	e&a6	e&a7	&8	

STOMP DOUBLE

(P)	STO	DS	DS	RS
	L	R	L	RL
&	1	&a2	&a3	&4

FLAT SWAYBACK

	(xif)	(x)	(bk)					
DS	TNUP	TNUP	T-H	RS	TNDN	TNDN	RS	
L	R	L	R	LR	L	R	LR	
&a1	e&a2	e&a3	& 4	&5	e&a6	e&a7	&8	

DOUBLE BASIC SKUFF

DS	DS	RS	SK	SL
L	R	LR	L	R
&a1	&a2	&3	&	4

JACKAROO DRAG

				(xif)				
DS	TNDN	TNDN	TNUP	DS	DR	RS	DR	RS
L	R	L	R	R	R	LR	R	LR
&a1	e&a2	e&a3	e&a4	&a5	&	6&	7	&8

FLAT GYPSY SLIDE

DS	TNUP	RS	TNUP	RS	TNDN	TNDN	BA-SL
L	R	RL	R	RL	R	L	R
&a1	e&a2	&3	e&a4	&5	e&a6	e&a7	& 8

TRIPLE TENNESSEE SWITCH

	(xif)		(xif)		(xif)		(f)	(f)	
DS	TNDN	DS	TNDN	DS	TNDN	DT	BA/H	H/BA	SL
L	R	L	R	L	R	L	L/R	L/R	R
&a1	e&a2	&a3	e&a4	&a5	e&a6	&a	7	&	8

DONKEY

	(xif)		(f)		
DS	TCH	H	TCH	H	RS
L	R	L	R	L	RL
&a1	&	2	&	3	&4

FLAT PATSY

DR	S	RS	TNDN	TNDN
L	R	LR	L	R
&	1	&2	e&a3	e&a4

TENNESSEE DOWN (TNDN)

	(pop)	
SK	DR	SLA-S
L	R	L
e	&	a 1

TENNESSEE UP (TNUP)

	(pop)		
SK	DR	SLA	SL
L	R	L	R
e	&	a	1