



## **ALABAMA PINES**

Choreographed by: Wayne Jensen (USA) - January 2015

32 Count Improver Line Dance, 4 Wall, 16 Count Intro

Music: **Alabama Pines** by Jason Isbell and The 400 Unit - Available on iTunes

### **HEEL GRIND, TRIPLE IN PLACE, HEEL GRIND, TRIPLE IN PLACE**

1-2 Touch R Heel forward - toes pointed in (1), Grind Heel to right (2)

3&4 Step R next to L (3), Step L next to R (&), Step R next to L (4)

5-6 Touch L Heel forward - toes pointed in (5), Grind Heel to left (6)

7&8 Step L next to R (7), Step R next to L (&), Step L next to R (8)

### **STEP, STEP, 1/4 R TRIPLE, STEP, 1/2 STEP, L LOCK STEP**

1-2 Step R to R (1), Step L next to R (2)

3&4 Turn 1/4 R, stepping R forward (3) Step L next to R (&), Step R forward (4)

**(3:00)**

5-6 Step L forward (5), Turn 1/2 Right, stepping R forward (6) **(9:00)**

7&8 Step L forward (7), Lock R behind L (&), Step L forward (8)

### **POINT - HOLD, POINT - HOLD, HEEL SWITCHES, HOLD-CLAPS**

1-2& Point R to R (1), Hold (2), Step R next to L (&)

3-4& Point L to L (3), Hold (4), Step L next to R (&)

5&6& Touch R heel forward (5), Step R next to L (&) Touch L Heel forward (6), Step L next to R (&)

7&8 Touch R heel forward (7), Hold, clapping twice (&8)

### **ROCK, RECOVER, 1/2 TRIPLE, ROCK, RECOVER, 1/2 TRIPLE**

1-2 Step R forward (1), Recover onto L (2)

3&4 Turn 1/4 R, stepping R to R (3), Step L next to R (&), Turn 1/4 R, stepping R forward (4) **(3:00)**

5-6 Step L forward (5), Recover R (6)

7&8 Turn 1/4 L, stepping L to L (7), Step R next to left (&), Turn 1/4 L, stepping L forward **(9:00)**