

Albany, Albany Blues

COUNT: 24 WALL: 4 LEVEL: Beginner

CHOREOGRAPHER: Val Saari (Canada, October 2019)

MUSIC: Albany, Albany, Downchild Blues Band

Begin on the 2nd "ny" (Albany, Alba-ny)

TOE-STRUT V-STEP, SIDE STEP-DRAGS (RL)

1&2& Touch RF toe diagonally forward (1:00), Step heel down, Touch LF toe diagonally forward (11:00), Step heel down

3&4 Touch RF toe behind to centre, Step heel down, Touch LF toe beside R, Step heel down

5-6 Large step right to right side, drag LF toes towards R

7-8 Large step left to left side, drag RF towards L

FWD TOE-STRUT TWISTS RLRL 1/4 TURN R (ARC PATTERN), MAMBOS RL

1&2& Touch RF toes diagonally forward (2:00), Step heel down back to centre, Touch LF toe diagonally forward (10:00), Step heel down back to centre

3&4& Touch RF toes diagonally forward (2:00), Step heel down back to centre, Touch LF toe diagonally forward (10:00), Step heel down back to centre

5&6 RF Rock side right, LF recover, RF close together, hold

7&8 LF Rock side left, RF recover, LF close together, hold

RF ROCK/RECOVER STEP FWD 1/2 R, STEP-LOCK-STEP SCUFF, MAMBOS FWD, BACK

1&2 RF Rock forward, LF recover, Step RF fwd 1/2 turn R, hold

3&4& Step LF forward, Lock RF behind L, Step LF forward, Scuff RF fwd

5&6 Rock forward on RF, Recover LF, Step RF beside L, hold

7&8 Rock back on LF, Recover RF, Step LF beside R, hold

REPEAT

No tags, no restarts

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