

<b>ALABAMA GAL</b>	A contemporary dance arranged for two couple sets (4 dancers) performed to a traditional Alabama folk song.
STEPS	Walk; step-kick; step-behind; dive under the arch
FORMATION	A double circle with every other couple facing the opposite direction around the circle (one couple facing CW, paired with another couple facing CCW) in two couple sets.
POSITION	Two couples facing each other, each couple standing side-by-side with their partner, inside hands joined
VARIATIONS	Begin by designating the CW couples as the “divers” and the CCW couples as the “archers”. Encourage couples to learn both the “archers” and the “divers” variation.
MUSIC	The music is in 2 with 4 phrases of 4 beats for each repetition.
REPETITIONS	The dance begins with the vocals after an 8 beat introduction and continues through 9 repetitions.

Moving as a couple each to own R			
step side R 1	step behind L 2	step side R 3	kick L across R 4
Moving as a couple each to own L			
step side L 1	step behind R 2	step side L 3	kick R across L 4
Moving as a couple each to own R		Moving as a couple each to own L	
step side R 1	kick L across R 2	step side L 3	kick R across L 4
CCW couple raises their joined hands to make an arch	CW ducks down and dives under the arch of the CCW couple	Both couples move on to the next couple coming toward then in the circle	Meet the new couple and get ready to start the dance from the beginning
step forward 1	step forward 2	step forward 3	step forward 4