

Alabama Slammin'



Count: 48 **Wall:** 2 **Level:** Intermediate
Choreographer: Rachael McEnaney (UK) June 2011
Music: "If You Want My Love" – Laura Bell Bundy (album: Achin & Shakin) approx 112bpm

Count In: 32 counts from start of track – dance begins on vocals

[1 – 8] Rock forward R, ¾ turn R, R sailor with ¼ turn R, L kick ball side.

- 1 - 2 Rock forward on right (1), recover weight onto left (2) 12.00
- 3 - 4 Make ½ turn right stepping forward on right (3), make ¼ turn right stepping left to left side (4) 9.00
- 5 & 6 Cross right behind left (5), make ¼ turn right stepping left next to right (&), step forward on right (6) 12.00
- 7 & 8 Kick left foot forward (7), step left next to right (&), take big step to right side (8) 12.00

[9 – 16] L tap x2, step side L, R sailor ¼ turn, L toe tap then 2x heel jacks

- 1 & 2 Tap left toe next to right (1), tap left toe next to right again (&), step left to left side (2) 12.00
- 3 & 4 Cross right behind left (3), make ¼ turn right stepping left next to right (&), step forward on right (4) 3.00
- 5 & 6 Touch left toe next to right (5), step back on left (&), touch right heel forward (6) 3.00
- & 7 & 8 Step right foot in place (&), touch left toe next to right (7), step back on left (&), touch right heel forward (8) 3.00

[17 – 24] R recover, L side rock, L behind side cross, R side rock, R sailor ¼ turn

- & 1 - 2 Step in place with right foot (&), rock left to left side (1), recover weight to right (2) 3.00
- 3 & 4 Cross left behind right (3), step right to right side (&), cross left over right (4) 3.00
- 5 - 6 Rock right to right side (5), recover weight to left (6) 3.00
- 7 & 8 Cross right behind left (7), make ¼ turn right stepping left next to right (&), step forward on right (8) 6.00

[25 – 32] Step fwd on L, pivot ½ turn R, full turn R travelling fwd (or 2 walks), L mambo, run back RLR

- 1 - 2 Step forward on left (1), pivot ½ turn right (2) 12.00
- 3 - 4 Make ½ turn right stepping back on left (3), make ½ turn right stepping forward on right (4) easy option:
Walk forward left right (3,4) 12.00
- 5 & 6 Rock forward on left (3), recover weight onto right (&), step back on left (4), 12.00
- 7 & 8 Step back on right (7), step back on left (&), step back on right (8) 12.00

[33 – 40] Big step back on L, hold, ball walk walk,

- 1, 2 & 3, 4 Take big step back on left (1), hold (2), step in place on ball of right (&), step forward on left (3), step forward on right (4) 12.00
- 5 - 6 Tap left toe forward bumping hips forward (5), step forward on left (6) 12.00
- 7 - 8 Step forward on right (7), pivot ¼ turn left (8) 9.00

[41 – 48] R crossing shuffle, ¾ turn R, 2x heel switches, big step forward L

- 1 & 2 Cross right over left (1), step left to left side (&), cross right over left (2) 9.00
- 3 - 4 Make ¼ turn right stepping back on left (3), make ½ turn right stepping forward on left (4) 6.00
- 5 & 6 Touch left heel forward (5), step in place with left (&), touch right heel forward (6) 6.00
- & 7 - 8 Step in place with ball of right (&), take big step forward on left (lean back slightly and imagine stepping over a box) (7), brush right foot forward (8) 6.00

START AGAIN, HAVE FUN!

Contact: www.dancejam.co.uk - Rachaeldance@me.com - Tel: 07968 181933
