

Alabama Slammin'

Choreographer: Rachael McEnaney (UK) June 2011
Count: 48 / **Wall:** 2 / **Level:** Intermediate / **Bpm** 122

Music: "If You Want My Love" – Laura Bell Bundy (album: Achin & Shakin)

Counts	Steps	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!

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