



Alabama Slammin'

Choreographed by **Rachael McEnaney (UK)** (June 2011)
 www.dancejam.co.uk - Rachaeldance@me.com
 Tel: 07968 181933



Description:	48 Counts, 2 Walls, Intermediate line dance
Music:	"If You Want My Love" – Laura Bell Bundy (album: Achin & Shakin) (UK - cd available on amazon, USA available on itunes) approx 112bpm
Count In:	32 counts from start of track – dance begins on vocals
Notes:	

Section	Footwork	End Facing
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) <i>easy option: Walk forward left right (3,4)</i>	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 right (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 (<i>lean back slightly and imagine stepping over a box</i>) (7), brush right foot forward (8)	6.00