

Alabama Slammin'

48 Count, 2 Wall, **Intermediate**

Choreographer: Rachael McEnaney (UK) June 2011

Choreographed to: If You Want My Love by Laura Bell Bundy, Album: Achin & Shakin (112bpm)

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

ROCK FORWARD R, $\frac{3}{4}$ TURN R, R SAILOR WITH $\frac{1}{4}$ TURN R, L KICK BALL SIDE.

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

L TAP X2, STEP SIDE L, R SAILOR $\frac{1}{4}$ TURN, L TOE TAP THEN 2X HEEL JACKS

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

R RECOVER, L SIDE ROCK, L BEHIND SIDE CROSS, R SIDE ROCK, R SAILOR $\frac{1}{4}$ TURN

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

STEP FWD ON L, PIVOT $\frac{1}{2}$ TURN R, FULL TURN R TRAVELLING FWD (OR 2 WALKS), L MAMBO, RUN BACK RLR

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

BIG STEP BACK ON L, HOLD, BALL WALK WALK,

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

R CROSSING SHUFFLE, $\frac{3}{4}$ TURN R, 2X HEEL SWITCHES, BIG STEP FORWARD L

- 1 & 2 Cross right over left, step left to left side (&), cross right over left (9.00)
3 - 4 Make $\frac{1}{4}$ turn right stepping back on left, make $\frac{1}{2}$ turn right stepping forward on left (6.00)
5 & 6 Touch left heel forward, step in place with left (&), touch right heel forward (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), brush right foot forward (6.00)

START AGAIN, HAVE FUN!