

# 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,     Take big step back on left (1), hold (2), step in place on ball of right (&), step  
4             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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