

# Alabama Slammin

Choreographed by Rachael McEnaney email: [rachaelmc@live-2-dance.com](mailto:rachaelmc@live-2-dance.com) web: <http://www.dancepizazz.com>

Description: 48 count, 2 wall, intermediate west coast swing line dance Intro: 32 Counts

Music: **If You Want My Love** by Laura Bell Bundy [CD: **Achin' and Shakin'** / Available on iTunes]

Step Sheet by Rose Haven email: [rose@atlantalincedance.com](mailto:rose@atlantalincedance.com) web: [www.atlantalincedance.com](http://www.atlantalincedance.com)

## **1-8 ROCK FORWARD RIGHT, ¼ TURN RIGHT,**

### **RIGHT SAILOR WITH TURN ¼ RIGHT, LEFT KICK BALL SIDE**

- 1-2 Rock right forward, recover to left
- 3-4 Turn ½ right and step right forward, turn ¼ right and step left to side (9:00)
- 5&6 Cross right behind left, turn ¼ right and step left together, step right forward (12:00)
- 7&8 Kick left forward, step left together, take big step to right side

## **9-16 LEFT TOUCH TWICE, STEP LEFT TO SIDE, RIGHT SAILOR ¼ TURN,**

### **LEFT TOE TOUCH THEN 2X HEEL JACKS**

- 1&2 Touch left toe next to right, touch left toe next to right again, step left to side
- 3&4 Cross right behind left, turn ¼ right and step left together, step right forward (3:00)
- 5&6 Touch left toe next to right, step left back, touch right heel forward
- &7&8 Step right in place, touch left toe next to right, step left back, touch right heel forward

## **17-24 STEP RIGHT, LEFT SIDE ROCK-RECOVER, LEFT BEHIND SIDE CROSS,**

### **RIGHT SIDE ROCK, RIGHT SAILOR ¼ TURN**

- &1-2 Step in place with right, rock left to side, recover to right
- 3&4 Cross left behind right, step right to side, cross left over right
- 5-6 Rock right to side, recover to left
- 7&8 Cross right behind left, turn ¼ right and step left together, step right forward (6:00)

## **25-32 STEP LEFT FORWARD, TURN ½ RIGHT, FULL TURN RIGHT TRAVELING FORWARD (OR 2 WALKS),**

### **LEFT MAMBO, RUN BACK RIGHT-LEFT-RIGHT**

- 1-2 Step left forward, pivot turn ½ right (12:00)
- 3-4 Turn ½ right and step left back, turn ½ right and step right forward  
Easy option: step left forward, step right forward
- 5&6 Rock left forward, recover to right, step left back
- 7&8 Step right back, step left back, step right back

## **33-40 BIG STEP LEFT BACK, HOLD, BALL WALK WALK**

- 1-2 Big step left back, hold,
- &3-4 step right together, step left forward, step right forward
- 5-6 Touch left toe forward bumping hips forward, step left forward
- 7-8 Step right forward, turn ¼ left (9:00)

## **41-48 RIGHT CROSSING TRIPLE, ¾ TURN RIGHT,**

### **2X HEEL SWITCHES, BIG STEP FORWARD LEFT, BRUSH RIGHT**

- 1&2 Crossing triple right, left, right
- 3-4 Turn ¼ right and step left back, turn ½ right and step right forward (6:00)
- 5&6 Touch left heel forward, step left together, touch right heel forward
- &7 Step right together, big step left forward lean back slightly and imagine stepping over a box
- 8 Brush right forward

REPEAT