



## Alabama Slammin

Choreographed by Rachael McEnaney

**Description:** 48 count, 2 wall, intermediate west coast swing line dance

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

Intro: 32

### 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

### 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

### RIGHT RECOVER, LEFT SIDE ROCK, 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)

### 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

### BIG STEP LEFT BACK, HOLD, BALL WALK WALK

- 1-2&3-4 Big step left back, hold, 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)

### RIGHT CROSSING SHUFFLE, ¼ TURN RIGHT, 2X HEEL SWITCHES, BIG STEP FORWARD LEFT

- 1&2 Crossing chassé right, left, right
- 3-4 Turn ¼ right and step left back, turn ½ right and step left 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

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