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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

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 & 3,4 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 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!