

Alabama Slammin' Beginner

48 Count, 2 Wall, Beginner

Choreographer: Henny Nielsen (DK) November 2011

Choreographed to: If You Want My Love by Laura
Bell Bundy, CD: Achin' and Shakin'

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

Right Forward Touch, Left Back Touch, Right Coaster Step, Left Kick Ball Side

- 1-2 Forward on Right. Touch Left beside Right.
3-4 Back on Left. Touch Right beside Left.
5&6 Step back on Right. Step Left beside Right. Step forward on Right.
7&8 Kick left forward. Step left beside right. Step right big step to right side. Kick Ball Side Right

Left Toes Strut, Right Sailor 1/4 Turn, Shuffle Forward x 2 Left + Right

- 1-2 Step Left toe forward. Drop Left heel taking weight
3&4 Cross right behind left. Turn 1/4 right stepping left beside right. Step right forward. (3:00)
5&6 Step left forward. Close right beside left. Step left forward.
7&8 Step right forward. Close left beside right. Step right forward.

Weave 1/4 Right. Left Rocking Chair

- 1-2 Cross Left over Right. Step Right to Right side
3-4 Left behind Right. Turn 1/4 Right on Right foot (6:00)
5-8 Rock Left forward. Recover onto Right. Rock Left back. Recover onto Right.

Step, Pivot 1/2, Walk Forward Left + Right, Left Forward Mambo, Run Back x 3 (R+L+R)

- 1-2 Step Left Forward. Pivot 1/2 turn Right. Step Pivot Turning Right (12:00)
3-4 Walk Forward, Left, Right.
5&6 Rock forward on Left. Rock back on Right. Step Left back. Forward Mambo On the spot
7&8 Step Right back. Step Left back. Step Right back. (Run Run Run Back)

Back, Hold, Ball Step, Walk, Left Toes Strut, Step Pivot 1/4

- 1-2 Step left big step back. Hold. Back Hold Back
&3-4 Step ball of right in place. Step forward left. Walk forward right.
5-6 Step left toe forward. Drop left heel taking weight
7-8 Step right forward. Pivot 1/4 turn left. (9:00) Step Quarter Turning left

Cross Shuffle, Shuffle 1/4 Turn Left, Mambo Right Forward, Mambo Left Back

- 1&2 Cross right over left. Step left to left side. Cross right over left. Cross Shuffle Left
3&4 Turning 1/4 step Left to side, step Right beside Left, Left step Left forward (6:00)
5&6 Rock forward on Right. Rock back on Left. Step Right back.
7&8 Rock back on Left. Rock forward on Right. Step Left forward.

Start again and enjoy!!

Note This dance is made as a floor split to Alabama Slammin' by Rachael McEnaney
