



# Bama Slam

**Count:** 32  
**Wall:** 4  
**Level:** Beginner  
**Choreographer:** Tom Avinger  
**Music:** If You Want My Love by Laura Bell Bundy

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## **TOUCH, TOUCH, SAILOR STEP, TOUCH, TOUCH, SAILOR STEP**

1 – 2 Touch Right forward, touch Right to side  
3 & 4 Right Sailor Step  
5 – 6 Touch Left forward, touch Left to side  
7 & 8 Left Sailor Step

## **LOCK STEP, SHUFFLE, LOCK STEP, SHUFFLE**

1 – 2 Step Right forward, lock step Left behind right  
3 & 4 Shuffle forward Right, Left, Right  
5 – 6 Step Left forward, lock step Right behind Left  
7 & 8 Shuffle forward Left, Right, Left

## **JAZZ BOX WITH 1/4 TURN RIGHT, EXTENDED WEAVE**

1 – 2 Cross-step Right over Left, step back on Left foot  
3 – 4 Turn 1/4 Right stepping forward on Right, cross Left over Right  
5 – 6 Step Right on Right foot, cross Left foot behind Right  
7 – 8 Step Right on Right foot, cross Left foot over Right

## **ROCK RECOVER, CROSS SHUFFLE, ROCK RECOVER, STOMP, STOMP, STOMP**

1 – 2 Rock Right foot to Right, recover to Left  
3 & 4 Cross Right foot over Left 2 X  
5 – 6 Rock Left foot to Left, recover to Right  
7 & 8 Shuffle (stomp) in place Left, Right, Left

**REPEAT**



**Smartphone Users:**

Scan for TMC Legacy Dance Club Website