

SLAM DUNK

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Count: 40

Wall: 4

Level: intermediate/advanced

Choreographer: Lorraine Everett

Music: Slam Dunk by Five

ARMS UP, DOWN UP SNAKE ROLL, KICK, KICK SIDE TURN

Arm styling: for counts 1&2: with arms shoulder width apart, elbows bent, with palms towards face. Keeping elbows level, hands move towards each other window wiper fashion.

- 1&2** Feet apart, arms up, down, up
- 3** Keeping left arm up, drop right arm to right side lifting right shoulder, lean to left to start small snake roll
- 4** Close right foot to left, as you finish snake roll
- 5-6** Kick right foot forward twice
- 7&** Kick right foot to right side (shoulder width apart) replacing right foot, cross step left foot over right
- 8** Turn $\frac{1}{2}$ right

STEP SLIDE, STEP SLIDE

- 9** Step forward left (arms stretched forward)
- 10** Slide right foot to left (bend arms as in pulling a rope)
- 11-12** Repeat counts 9,10

JUMPING JACKS, OUT, TURN, IN TURN, IN TURN

Arm styling: for counts 13-16, arms to sides 45 degrees on the count, on the & count arms bend at elbows and cross body waist level or above.

- 13** Jump both feet apart weight on right-(arms 45 degrees to sides)
- &** On ball of right foot turn $\frac{1}{2}$ right, lifting left foot to mid calf level of right leg, knee to side.
- 14** Touch left foot to left side, keeping weight on right
- &** Lift left foot to mid calf level, knee to side turn $\frac{1}{2}$ left.
- 15** Replace left foot keeping weight on left.
- &** Lift right foot to mid calf level of left turning $\frac{1}{2}$ left.

16 Replace right foot.

STEP FORWARD RIGHT, LEFT, HEELS OUT IN OUT IN STEP FORWARD LEFT, RIGHT HEELS OUT IN OUT IN

17 Step forward right

18 Step forward left

19&20 Swivel heels left, center, left (both arms to left side in time with heels)

21 Step forward left

22 Step forward right

23&24 Swivel heels right center right (arms as above)

RONDE TURN, TAP, TAP, TAP, ROCK FORWARD ROCK BACK ROCK FORWARD, TURN

25 On ball of right foot, ronde left foot $\frac{1}{2}$ left turning with it (left arm follows leg with palm facing outwards)

26 Push right arm out in front, just below left (palm outward just below left)

27&28 Tap left heel three times

29-30-31 Rock forward right, rock back right, rock forward right

&32 Cross left foot behind right, unwind full turn left

STEP RIGHT, CLOSE, RIGHT, CLAP, CLAP, JUMP OUT IN OUT TURN

33-34 Step right to right side, close left to right.

35 Step right, small step

&36 Clap twice

37&38 Jump feet, out, in, out

Arm styling: for counts 37&38 fists clenched, elbows bent, left fist to left side, right fist to left side at chest level, arms swing left-right-left

39 Cross right foot over left

40 Unwind $1 \frac{1}{4}$ turn left.

REPEAT