

She Is...

Choreographed by Lana Wilson, Tucson, AZ, USA, 9-24-08
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4 wall, 64 count, intermediate line dance

Music: She Is, Hal Ketchum, 144 bpm, CD: Lucky Man

Video by Kathy Kynion & Elizabeth Espinosa:

<http://www.youtube.com/watch?v=jIjxrXmWa4Q>



MAMBO, SWEEP, BEHIND-SIDE-CROSS, HOLD

1-4 Rock forward on L, recover back on R, step L beside R, sweep R to back

5-8 Step R behind L, step L to left, cross step R over L, hold

SIDE ROCK, RECOVER, CROSS, SIDE, BEHIND, 1/4 TURN, FWD, HOLD

9-12 Rock L to left, recover on R, cross L over R, step R to right

13-16 Step L behind R, turn 1/4 R stepping R forward, step L forward, hold (3:00)

BACK ROCK, RECOVER 1/4 TURN, HOLD, FWD, LOCK, FWD, HOLD

17-20 Cross rock R behind L, recover on L, step R forward turning 1/4 right, hold

21-24 Step L forward, lock R behind L, step L forward, hold (6:00)

1/2 PIVOT, FULL FWD TURN, STEP-CLOSE-STEP, HOLD

25-26 Step R forward, pivot 1/2 left weight on L (12:00)

27-28 Turn 1/2 left stepping R back, turn 1/2 left stepping L forward

Option 27-28: Walk forward R, L

29-32 Step R forward, step L beside R, step R forward, hold

FWD COASTER, HOLD, BACK-LOCK-BACK, HOLD

33-36 Step L forward, step R beside L, step L back, hold

37-40 Step R back, lock L over R, step R back, hold

BACK-LOCK-BACK, HOLD, BACK COASTER, HOLD

41-44 Step L back, lock R over L, step L back, hold

45-48 Step R back, step L beside, step R forward on right diagonal, hold

CROSS ROCK, RECOVER, SIDE, RECOVER, JAZZ BOX CROSS

49-52 Cross rock L over R, recover on R, rock L to left, recover on R

53-56 Cross L over R, step R back, step L to left, cross step R over L

SIDE ROCK, 1/4 RECOVER, FWD, HOLD, 1/2 PIVOT, FWD, HOLD

57-58 Rock L to left, recover on R turning 1/4 right (3:00)

59-60 Step L forward, hold

61-64 Step R forward, pivot 1/2 left weight on L, step R forward, hold

Repeat

Ending: *On 9th pattern (3rd time facing front wall) dance 1-32. Step L forward on 33 and hold... You will finish on the front wall.*

Note: *This song could be counted 72 or 144 bpm. I chose to go with the steady beat so its written for 144 bpm. There's a 16 count extra part way through. The beat does not stop so just dance through it.*

Note: Thanks to Tony Wilson for helping me with the last 8 counts.