She Gives Me Life



Count: 32 Wand: 2 Ebene: Low Intermediate

Choreograf/in: Donna Manning (USA) - January 2018

Musik: Woman, Amen - Dierks Bentley



*1 fix & restart on count 16 on wall 3 (facing 6:00)

Back wall is the mirror image of the front wall....yes it is ...just try it, it's fun!

Front wall will ALWAYS start with the L

Sec. 1: Triple, Triple, Rock(Press), Replace, Step Back, Drag or Lift

1&2, 3&4 Step L fwrd, bring R instep to L heel, step L fwrd, step R fwrd, L instep to R heel, step R fwrd

5,6,7,8 Rock L fwrd, replace weight back to R, step L back, lift R up (small hitch) (12:00)

Sec. 2: Back Rock, Replace, Step, ½ Turn, Jazz Triangle

1,2,3,4 Rock back on R, replace weight fwrd to L, step R fwrd, ½ turn L taking weight to L

5,6,7,8 Cross R over L, step L back, R to R side, touch L next to R (6:00)

***FIX & RESTART here on wall 3 facing 6:00 ---count 8 DO NOT TOUCH - take weight to L on count 8

Sec. 3: 1/4 L, Step Fwrd, 3/4 Turn, Side Step, Behind, Side Step, Crossing Triple

1,2,3,4 ½ turn L stepping L fwrd, step R fwrd, ¾ turn L taking weight to L, step R to R side

5,6,7&8 L behind R, R to R side, cross L over R, R to R side, cross L over R (6:00)

Sec. 4: R Diagonal Rock, Replace, Behind, Side, Cross Rock, Replace, Side, Step

1,2,3,4 Rock R to the fwrd outside diagonal (7:30), replace weight to L, step R behind L, L to L side

5,6,7,8 Cross rock R over L, replace weight to L, step R to R side, step L fwrd (6:00)

Back wall will ALWAYS start with the R

Sec. 1: Triple, Triple, Rock(Press), Replace, Step Back, Drag or Lift

1&2, 3&4 Step R fwrd, bring L instep to R heel, step R fwrd, step L fwrd, R instep to L heel, step L fwrd

5,6,7,8 Rock(or press) R fwrd, replace back to L, step R back, drag or lift L up (small hitch) (6:00)

Sec. 2: Back Rock, Replace, Step, ½ Turn, Jazz Triangle

1,2,3,4 Rock back on L, replace weight fwrd to R, step L fwrd, ½ turn R taking weight to R

5,6,7,8 Cross L over R, step R back, L to L side, touch R next to L (12:00)

Sec. 3: ¼ R, Step Fwrd, ¾ Turn R, Side Step, Behind, Side Step, Crossing Triple

1,2,3,4 ¼ turn R stepping R fwrd, step L fwrd, ¾ turn R taking weight to R, step L to L side

5,6,7&8 R behind L, L to L side, cross R over L, L to L side, cross R over L (12:00)

Sec. 4: L Diagonal Rock, Replace, Behind, Side, Cross Rock, Replace, Side, Step

1,2,3,4 Rock L to the fwrd outside diagonal (10:30), replace weight to R, step L behind R, R to R side

5,6,7.8 Cross rock L over R, replace weight to R, step L to L side, step R fwrd (12:00)