She's 24-7



Count: 84 Wand: 4 Ebene: Intermediate

Choreograf/in: Dottie Cadden (USA)

Musik: 24-7-365 - Neal McCoy: (CD: 24-7-365)



ROCK, RECOVER, FULL TURN, SHUFFLE, STEP, PIVOT

1-2 Rock forward on right, recover on left 3&4 Full turn right triple right, left, right 5&6 Shuffle forward left, right, left

7-8 Step forward on right, ½ pivot left taking weight on left

CROSS, STEP, COASTER, STEP, PIVOT, KICK BALL TOUCH

1-2 Cross right over left, step left next to right

3&4 Right coaster step

5-6 Step forward on left, pivot ¼ right taking weight on right

7&8 Left kick, ball, touch

KICK AND STEP, TWIST, KICK AND STEP, TWIST

1&2	Kick right foot forward, step right under body, step left foot slightly forward
3	Twist body 1/4 turn right on balls of both feet, as arms open to left shape
4	Twist body ¼ turn left on ball of both feet, return arms to normal hold
5&6	Kick right foot forward, step right under body, step left foot slightly forward
7	Twist body 1/4 turn right on balls of both feet, as arms open to left shape
8	Twist body ¼ turn left on ball of both feet, return arms to normal hold

SYNCOPATED CROSS, SHUFFLES

1&2	Cross right over left, step left slightly back, touch right heel forward
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&3& Step right foot back under body, touch left heel forward, step left under body

Touch right toe next to left
Shuffle forward right, left, right
Shuffle forward left, right, left

STEP 1/4 TURN LEFT, CROSS SHUFFLE, 1/4 TURN LEFT ROCK, RECOVER, COASTER STEP

1-2 Step forward on right, ¼ turn left 3&4 Shuffle across left with right, left, right

5-6 Turn ¼ turn left with left rocking weight onto it, recover weight to right

7&8 Left coaster step

SHUFFLE, PIVOT, SHUFFLE, PIVOT

1&2 Shuffle forward right, left, right

3-4 Step forward with left, pivot ½ turn right taking weight on right

5&6 Shuffle forward left, right, left

7-8 Step forward with right, pivot ½ turn left taking weight on left

KICK AND STEP, TWIST, KICK AND STEP, TWIST

1&2	Kick right foot forward, step right under body, step left foot slightly forward
3	Twist body ¼ turn right on balls of both feet, as arms open to left shape
4	Twist body ¼ turn left on ball of both feet, return arms to normal hold
5&6	Kick right foot forward, step right under body, step left foot slightly forward
7	Twist body ¼ turn right on balls of both feet, as arms open to left shape
8	Twist body ¼ turn left on ball of both feet, return arms to normal hold

SYNCOPATED CROSS, SHUFFLES

1&2 Cross right over left, step left slightly back, touch right heel forward

&3& Step right foot back under body, touch left heel forward, step left under body

Touch right toe next to left
Shuffle forward right, left, right
Shuffle forward left, right, left

REPEAT

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