She And I (P)



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音乐: She and I - Alabama



Position: Indian Position facing OLOD

1-2 Two right hip bumps3-4 Two left hip bumps

5-6 Hip roll from left to right (done in a circular motion to the right)
7-8 Hip roll from left to right (done in a circular motion to the right)

9&10 Shuffle down LOD left, right, left11&12 Shuffle right, left, right, starting left turn

Dropping lady's left and bringing man's right arm over lady's head

13&14 Shuffle left, right, left, continuing left turn

Rejoin left hands and separate right hands

15&16 Shuffle right, left, right, completing turn

Right hands join in front of lady's right shoulder

17&18 Shuffle left, right, left 19&20 Shuffle right, left, right

21-22 Step and turn ½ turn (left & back right)

You will be facing RLOD, yet continue to travel down LOD

23-24 Step and turn ½ turn (left then right)

23-24 Step and turn ½ turn (left then right)

Facing down LOD

25&26 Shuffle left, right, left, starting right turn

Man drops lady's right hand and brings his right arm over lady's head

27&28 Shuffle right, left, right

Rejoin right hands and separating left hands as you complete turn to the right

29&30 Man shuffles forward left, right, left

Lady begins second turn

31&32 Man shuffles forward right, left, right

Lady completes second turn. During counts 29-32 only right hands are joined and are held slightly over lady's head

SLIDING DOOR (MAN GOES BEHIND LADY)

33-34 MAN: Step left behind right then right to the side

LADY: Step left then right behind left

35-36 Cha-cha steps in place left, right, left

SLIDING DOOR (MAN GOES IN FRONT OF LADY)

37-38 MAN: Step right behind left then left to side

LADY: Step right then left behind right

39&40 Cha-cha steps in place right, left, right (rejoin left hands)

41-42 Step and turn ½ turn (left and back right)
You will be facing RLOD, yet continue to travel down LOD

43-44 Step and turn ½ turn (left then right) facing down LOD

45-48 Grapevine left, right, left; slide or tap right

Grapevine is done facing outside LOD