|  |  |
| --- | --- |
| Her Life Song |  |

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| . | | | | | | |
| **Count:** | 104 | **Wall:** | 2 | **Level:** | Phrased Improver / Intermediate | . |
| **Choreographer:** | Ursula Traffelet (CH) - July 2020 | | | | |
| **Music:** | Her Life's a Song - Alan Jackson : (Album: Thirty Miles West) | | | | |
| . | | | | | | |

**Sequence: AB TAG AB AB BA A A A Note: the 4th B starts 12 o’clock**

**Dance Starts after 32 Counts to start with Vocal**

**Part A (56 Counts) Wall 1**

**[1-8] ½ Monterey Turn 2x**

|  |  |
| --- | --- |
| 1,2,3,4 | Point right toe to right, make ½ turn right bringing RF back to place weight on RF, point left toe out to left side, Step LF next to right |

|  |  |
| --- | --- |
| 5,6,7,8 | Point right toe to right, make ½ turn right bringing RF back to place weight on RF, point left toe out to left side, Step LF next to right |

**[9-16] Rocking Chair, Step Lock, Step Lock Step**

|  |  |
| --- | --- |
| 1 - 4 | R Rock Fwd, rocking weight on LF, R Rock back, rocking weight on LF |

|  |  |
| --- | --- |
| 5,6,7 & 8 | R Step Fwd, LF lock behind right, r Step Fwd, LF lock behind right, R Step Fwd |

**[17-24] Rock Step, ½ Triple Turn L, Turning Toe Strutt ½ ¼ left**

|  |  |
| --- | --- |
| 1,2, 3 & 4 | L Rock Fwd, replace weight on RF (starting for ½ Turn l), ½ Turn L stepping LF Fwd, close RF besides left (&) LF Step Fwd (6 o’clock) |

|  |  |
| --- | --- |
| 5,6,7,8 | ½ Turn left touch right Toe back, RF Step down (12 o’clock), ¼ Turn left touch left Toe to side, LF Step down (9 o’clock) |

**[25-32] RF Rock Step, ½ Triple Turn R, Step Turn ¼ right, Cross Shuffle right**

|  |  |
| --- | --- |
| 1,2, 3 & 4 | R Rock Fwd, replace weight on LF (starting for ½ Turn r), ½ Turn r stepping RF Fwd, close LF besides right (&) RF Step Fwd (3 o’clock) |

|  |  |
| --- | --- |
| 5,6, 7 & 8 | L Step Fwd, make 1/4 turn to right stepping onto RF, LF cross over right, RF Step to right side, LF cross over right |

**[33-40] R Rumba Box side**

|  |  |
| --- | --- |
| 1,2,3,4 | RF Step to right side, close LF to RF (weight on LF), RF Step back, LF Touch to right, |

|  |  |
| --- | --- |
| 5,6,7,8 | LF Step to left side, close RF to LF (weight on RF), LF Step Fwd, RF Brush (starting for ½ Turn l) |

**[41-48] ½ Triple Turn L, Back Rock, Triple Turn R, L Coaster Step**

|  |  |
| --- | --- |
| 1 & 2 | ½ Turn L stepping RF Bwd, close LF besides left (&) RF Step Bwd |

|  |  |
| --- | --- |
| 3,4, 5 & 6 | LF Rock Bwd, replace weight on RF (starting ½ Turn r), ½ Turn R stepping LF Bwd, close RF beside left (&) RF Step Bwd |

|  |  |
| --- | --- |
| 7 & 8 | RF Step back, LF Step next to right (&) RF Step Fwd (weight on right) |

**[49-56] L Fwd Rock, Side Rock, Back Rock, Together, Hold**

|  |  |
| --- | --- |
| 1,2,3,4 | LF Rock Fwd, replace weight on RF, L Rock side, replace weight on RF |

|  |  |
| --- | --- |
| 5,6,7,8 | LF Rock Bwd, replace weight on RF, L together, Hold |

**Part B (48 counts) Wall 2**

**[1-8] Rocking Chair with Hitch, R Step Out, L Knee in, R Knee in, L Knee in, R Knee in (Elvis Knees)**

|  |  |
| --- | --- |
| 1,2,3,4 | RF Touch Fwd, rocking weight on LF and Hitch R, RF Touch back, rocking weight on LF and Hitch R |

|  |  |
| --- | --- |
| 5,6, | RF Step right to right side turn left Knee in, change weight on LF turn right Knee in |

|  |  |
| --- | --- |
| 7,8 | Change weight on RF turn left Knee in, change weight on LF turn right Knee in weight on LF |

**[9-16] Right Grapevine Touch, Rolling Vine Left (Alternative: Grapevine right and left)**

|  |  |
| --- | --- |
| 1,2,3,4 | RF Step to right side, LF cross behind right, RF Step to right side, touch LF next to right |

|  |  |
| --- | --- |
| 5,6,7,8 | LF Step 1/4 turn left, make 1/2 turn left RF stepping back, 1/4 turn left LF stepping to left side, Touch right in place |

**[17-24] Heel Switch, Toe Strutt RL,**

|  |  |
| --- | --- |
| 1 & 2 & | Touch right heel Fwd, RF Step to place, touch left heel Fwd, LF Step left in place, |

|  |  |
| --- | --- |
| 3 & 4 & | Touch right heel Fwd, RF Step to place, touch left heel Fwd, LF Step left in place, |

|  |  |
| --- | --- |
| 5,6,7,8 | RF touch Toe, RF Step down, LF touch Toe, LF Step down |

**[25-32] V Step, Paddle Turn (with Hip Sway)**

|  |  |
| --- | --- |
| 1,2,3,4 | Step RF diagonal Fwd, Step LF diagonal Fwd, Step R back to centre, Step L beside R |

|  |  |
| --- | --- |
| 5,6,7,8 | RF pushing Step Fwd, Hold, use to push off into a 1/4 turn left, Hold weight LF |

**[33-40] V Step, Paddle Turn (with Hip Sway)**

|  |  |
| --- | --- |
| 1,2,3,4 | Step RF diagonal Fwd, Step LF diagonal Fwd, Step R back to centre, Step L beside R |

|  |  |
| --- | --- |
| 5,6,7,8 | RF pushing Step Fwd, Hold, use to push off into a 1/4 turn left, Hold weight LF |

**[41-48] R Fwd Rock, Side Rock, Back Rock, Together**

|  |  |
| --- | --- |
| 1,2,3,4 | R Rock Fwd, replace weight on LF, R Rock side, replace weight on LF |

|  |  |
| --- | --- |
| 5,6,7,8 | R Rock Bwd, replace weight on LF, R together Stump, LF Step beside weight LF |

**\*Tag After the first A + B - 16 Counts (12:00)**

**V Step R,L, R,L, Step Hold, ½ Turn left Hold, V Step R,L, R,L, Step Hold, ½ Turn left Hold,**

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