She's More

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CD Music: "You Won't Ever Be Lonely" by Andy Griggs, Track 10 "She's More"

MP3 Download: Available through iTunes.com

Rhythm/Phase: Rumba, ROUNDALAB Phase III+1 (Sway)

Footwork: Opposite, directions for M (except where noted)

Released: April 2008 **Time:** 3:19 @ 100% CD Speed

Sequence: INTRO, A, B, Inter, A, B, Brg, C, End

<u>INTRO</u>

[CUDDLE POS WALL] WAIT; SWAY L; SWAY R; CUCA - DBL;;

- 1 Wait one measure;
- 2-3 Sd L w/left side stretch,-,-,-; Sd R w/right side stretch,-,-,-;
- 4-5 Press sd L, rec R, cl L,-; Press sd R, rec L, cl R blending to BFLY WALL,-;

PART A

[BFLY WALL] BASIC;; REV UNDERARM TRN; UNDERARM TRN [BFLY WALL];

- 1-2 Fwd L, rec R, sd L,-; Bk R, rec L, sd R,-;
- 3 XLIF, rec R, sd L (W XRIF trng 1/2 LF under joined lead hnds, rec L to BFLY WALL, sd R),-;
- 4 XRIB, rec L, sd R (W XLIF trng 1/2 RF under joined lead hnds, rec R to BFLY WALL, sd L),-;

[BFLY WALL] FENCE LINE; CRAB WALKS;; SPOT TRN [BFLY WALL];

- 5 X lunge L thru to RLOD with bent knee looking twd RLOD, rec R, sd L,-;
- 6-7 XRIF, sd L, XRIF,-; Sd L, XRIF, sd L,-;
- 8 XRIF thru to LOD trng 1/2 LF, rec L cont turn 1/2 LF to BFLY WALL, sd R,-;

[BFLY WALL] BASIC;; REV UNDERARM TRN; UNDERARM TRN [BFLY WALL];

9-12 Repeat action of Meas 1-4 PART A;;;;

[BFLY WALL] FENCELINE; CRAB WALKS;; SPOT TRN [BFLY WALL];

13-16 Repeat action of Meas 5-8 PART A;;;;

PART B

[BFLY WALL] OPEN BREAK; WHIP [BFLY COH]; FENCE LINE - DBL;;

- Bk apt strongly on L to LOP FCG while extending trailing arm up with palm out, rec R to BFLY WALL, sd L,-;
- 2 Bk R comm 1/4 LF trn, rec fwd L trng 1/2 to complete trn, sd R (*W fwd L outside M on his left sd, fwd R comm 1/2 LF trn, sd L*) to BFLY COH,-;
- 3-4 X lunge L thru to LOD with bent knee looking twd LOD, rec R, sd L,-; X lunge R thru to RLOD with bent knee looking twd RLOD, rec L, sd R,-;

[BFLY COH] OPEN BREAK; WHIP [BFLY WALL]; NEW YORKER - DBL;;

- 5-6 Repeat action of Meas 1-2 PART B to BFLY WALL;;
- 7-8 XLIF thru to RLOD with straight leg to sd by sd pos, rec R, sd L to BFLY WALL,-; XRIF thru to LOD with straight leg to sd by sd pos, rec L, sd R to BFLY WALL,-;

INTERLUDE

[BFLY WALL] 1/2 BASIC; UNDERARM TRN; LARIAT;;

- 1 Fwd L, rec R, sd L,-;
- 2 XRIB, rec L, sd R (W XLIF trng 1/2 RF under lead hnds, rec R to fc ptr, sd L to M's right sd),-;
- 3-4 Press sd L, rec R, cl L (*W circle RF w/lead hnds joined fwd R, fwd L, fwd R*),-; Press sd R, rec L, cl R (*W cont circle RF w/lead hands joined fwd L, fwd R, fwd L*) to BFLY WALL,-;

BRIDGE

[BFLY WALL] CUCA – DBL w/CARESS;;

- 1 Press sd L, rec R, cl L (W press sd R taking right hand caressing M's left cheek, rec L, cl R) blending to BFLY WALL, ;
- 2 Press sd R, rec L, cl R (W press sd L taking left hand caressing M's right cheek, rec R, cl L) blending to BFLY WALL,-;

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PART C

[BFLY WALL] DOOR - DBL to OP LOD;; PROG WALK 6;;

- 1-2 Rk sd L, rec R, XLIF,-; Rk sd R, rec L, XRIF blending to OP LOD,-;
- 3-4 Fwd L, fwd R, fwd L,-; Fwd R, fwd L, fwd R,-;

[OP LOD] SLIDING DOOR - DBL;; CIRCLE AWAY & TOG [BFLY WALL];;

- 5-6 Rk apt L, rec R, XLIF,-; Rk apt R, rec L, XRIF,-;
- 7-8 Circle away 1/2 LF fwd L, fwd R, fwd L to fc RLOD,-; Cont circle tog LF fwd R, fwd L, fwd R to BFLY WALL,-;

<u>END</u>

[BFLY WALL] BASIC;; REV UNDER ARM TRN; UNDER ARM TRN [BFLY WALL];

1-4 Repeat action of Meas 1-4 PART A;;;;

[BFLY WALL] FENCELINE; CRAB WALKS;; SPOT TRN [BFLY WALL];

5-8 Repeat action of Meas 5-8 PART A;;;;

[BFLY WALL] REV UNDER ARM TRN; UNDER ARM TRN to BOL BJO; WHEEL 6 to CUDDLE POS;; FOREHEADS TOG;

- 9-10 Repeat action of Meas 3-4 PART A blending to BOL BJO;;
- 11-12 Fwd L, fwd R, fwd L,-; Fwd R, fwd L, fwd R blending to CUDDLE POS WALL,-;
- 13 Slowly put foreheads together,,,;

Head Cues

INTRO, A, B, Inter, A, B, Brg, C, End

<u>INTRO</u>

[CUDDLE POS WALL] WAIT; SWAY L; SWAY R; CUCA - DBL to BFLY;;

PART A

[BFLY WALL] BASIC;; REV UNDERARM TRN; UNDERARM TRN to BFLY; FENCE LINE; CRAB WALKS;; [BFLY WALL] SPOT TRN to BFLY; BASIC;; REV UNDERARM TRN; UNDERARM TRN to BFLY; FENCE LINE; [BFLY WALL] CRAB WALKS;; SPOT TRN to BFLY;

<u>PART B</u>

[BFLY WALL] OP BREAK; WHIP fc COH; FENCE LINE – DBL;; OP BREAK; WHP fc WALL; NEW YORKER – DBL;;

INTER

[BFLY WALL] 1/2 BASIC; UNDERARM TRN to LARIAT;;;

PART A

[BFLY WALL] BASIC;; REV UNDERARM TRN; UNDERARM TRN to BFLY; FENCE LINE; CRAB WALKS;; [BFLY WALL] SPOT TRN to BFLY; BASIC;; REV UNDERARM TRN; UNDERARM TRN to BFLY; FENCE LINE;

[BFLY WALL] CRAB WALKS;; SPOT TRN to BFLY;

PART B

[BFLY WALL] OP BREAK; WHIP fc COH; FENCE LINE – DBL;; OP BREAK; WHP fc WALL; NEW YORKER – DBL;;

BRG

[BFLY WALL] CUCA – DBL w/CARESS;;

<u>PART C</u>

[BFLY WALL] DOOR - DBL to OP LOD;; PROG WALK 6;; CIRCLE AWAY & TOG to BFLY;;

<u>END</u>

[BFLY WALL] **BASIC**;; **REV UNDERARM TRN; UNDERARM TRN to BFLY**; **FENCE LINE; CRAB WALKS**;; [BFLY WALL] **SPOT TRN to BFLY**; **REV UNDERARM TRN; UNDERARM TRN to BOL BJO**; **WHEEL 6 to CUDDLE POS**; [CUDDLE POS WALL] **SLOWLY PUT FOREHEADS TOGETHER**;