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

INTRO

[CUDDLE POS WALL] WAIT; SWAY L; SWAY R; CUCA – DBL;;
1
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] FENCELINE 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;;
1 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,-;
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 L, 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 RLLOD,–; Cont circle tog LF fwd R, fwd L, fwd R to BFLY WALL,–;

END

[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

INTRO

[CUILDE 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;

PART B

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

[BFLY WALL] CUCA – DBL w/CARESS;

BRG

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

END

[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;
[CUILDE POS WALL] SLOWLY PUT FOREHEADS TOGETHER;