

US (a.k.a. She & I)

SONG: "SHE AND I" by TOBY KEITH. **ALBUM:** "ALABAMA & FRIENDS"
ORIGINAL POSITION: FEET TOGETHER WEIGHT ON THE LEFT FOOT.
CHOREOGRAPHER: GORDON ELLIOTT. Sydney, NSW. AUSTRALIA. March 2014.

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This Video and others can also be viewed via my website

To view this dance by Gordon visit https://www.youtube.com/watch?v=Yditydp_ats

BEATS	STEPS: This dance is done in FOUR directions. Introduction : 32 Beats
1, 2 3 & 4 5, 6 7 & 8	FORWARD, FORWARD, KICK BALL STEP, FORWARD, ROCK, COASTER CROSS STEP R FORWARD, STEP L FORWARD, KICK R FORWARD, STEP R TOGETHER, STEP L FORWARD, STEP R FORWARD, ROCK BACK ONTO L, COASTER: STEP R BACK, STEP L TOGETHER, STEP R ACROSS IN FRONT OF LEFT
1, 2 3 & 4 5, 6 & 7, 8	SIDE, ROCK, BEHIND-SIDE-ACROSS, SIDE, BEHIND & ACROSS, TOUCH STEP L TO THE SIDE, SIDE ROCK ONTO R, STEP L BEHIND RIGHT, STEP R TO THE SIDE, STEP L ACROSS IN FRONT OF RIGHT STEP R TO THE SIDE, STEP L BEHIND RIGHT, STEP R TO THE SIDE, STEP L ACROSS IN FRONT OF RIGHT, TOUCH R TOE TO THE SIDE.
1 & 2 3 & 4 5, 6 7, 8	SAILOR STEP, SAILOR STEP, BEHIND, 1/2 UNWIND, ACROSS, ROCK SAILOR : STEP R BEHIND LEFT, STEP L TO THE SIDE, STEP R TO THE SIDE, SAILOR : STEP L BEHIND RIGHT, STEP R TO THE SIDE, STEP L TO THE SIDE, TOUCH R TOE BEHIND LEFT, UNWIND TURNING 180° RIGHT TAKE WEIGHT ONTO R STEP L ACROSS IN FRONT OF RIGHT, ROCK ONTO R.
1 & 2 3 & 4 5 & 6 7, 8	1/4 SHUFFLE FORWARD, 1/2 SHUFFLE BACK, COASTER STEP, FORWARD, FORWARD TURN 90° LEFT SHUFFLE FORWARD STEP : L-R-L, TURN 180° LEFT SHUFFLE BACK STEP : R-L-R, COASTER : STEP L BACK, STEP R TOGETHER, STEP L FORWARD, STEP R FORWARD, STEP L FORWARD.
1 & 2 & 3 & 4 & 5, 6 7, 8	TOUCH & TOUCH & HEEL & HEEL & ROCKING CHAIR TOUCH R TOE TO THE SIDE, STEP R TOGETHER, TOUCH L TOE TO THE SIDE, STEP L TOGETHER, TOUCH R HEEL FORWARD, STEP R TOGETHER, TOUCH L HEEL FORWARD, STEP L TOGETHER, ROCKING CHAIR : STEP R FORWARD, ROCK BACK ONTO L, STEP R BACK, ROCK FORWARD ONTO L.
1, 2 3, 4 & 5, 6 & 7, 8 ##	FORWARD, ROCK, BACK, HOLD & BACK, HOLD & BACK, ROCK STEP R FORWARD, ROCK BACK ONTO L, STEP R BACK, HOLD & CLAP, STEP L TOGETHER, STEP R BACK, HOLD & CLAP, STEP L TOGETHER, STEP R BACK, ROCK FORWARD ONTO L.
1, 2 3, 4 & 5 & 6 7, 8	PIVOT TURN, PIVOT TURN, OUT-OUT-IN-IN, BOUNCE, BOUNCE PIVOT : STEP R FORWARD, TURN 180° LEFT TAKE WEIGHT ONTO L, PIVOT : STEP R FORWARD, TURN 180° LEFT TAKE WEIGHT ONTO L, STEP R TO THE SIDE, STEP L TO THE SIDE, STEP R TO THE CENTRE, STEP L TOGETHER, BOUNCE BOTH HEELS UP & DOWN, BOUNCE BOTH HEELS UP & DOWN.
1, 2 3 & 4 5, 6 7 & 8	FORWARD, 1/2 BACK, COASTER STEP, FORWARD, 1/2 BACK, COASTER STEP STEP R FORWARD, TURN 180° RIGHT STEP L BACK, COASTER : STEP R BACK, STEP L TOGETHER, STEP R FORWARD, STEP L FORWARD, TURN 180° LEFT STEP R BACK, COASTER : STEP L BACK, STEP R TOGETHER, STEP L FORWARD,
64	REPEAT THE DANCE IN NEW DIRECTION
	RESTARTS 1: On WALL 2 & WALL 4 dance to BEAT 48 (##) & RESTART to BACK & FRONT.