

What Love Is

Count: 36

Wall: 2

Level: Intermediate / Advanced

Choreographer: Rachael McEnaney (Jan 08)

Music: What Love Is – Mary J Blige – Growing Pains CD

Count In: 36 counts from start of track, dance starts on vocals (approx 28secs)

Ball cross, side rock cross, full turn triple into side step, hold, ball cross, turning triple to diagonal

- & 1 Step in place with ball of right (&), cross left over right (1), 12.00
- 2 & 3 Rock right to right side (2), recover weight onto left (&), cross right over left (3) 12.00
- 4 & Make ¼ turn right stepping back on left (4), make ½ turn right stepping forward on right (&), 9.00
- 5 - 6 Make ¼ turn right taking big step to left side (5), hold (6) 12.00
- & 7 Step in place with ball of right (&), cross left over right (7) 12.00
- 8 & Make 1/8 turn left stepping back on right (8), make ½ turn left stepping forward on left (&) 4.30

Walk forward on diagonal, mambo into touch back, turning sweep, cross, step back side cross

- 1 - 2 Step forward on right (1), step forward on left (2) (facing diagonal) 4.30
- & 3 & 4 Rock forward on right (&), recover weight onto left (3), step right next to left (&), touch left toe back (4) 4.30
- 5 - 6 Make 3/8 turn putting weight onto left sweeping right leg round (5), cross right over left (6) 12.00
- 7 & 8 Step back on left (7), step right to right side (&), cross left over right (8) 12.00

Step together, cross, ½ turning triple, syncopated side rock cross x2 into big step right

- & 1 - 2 Step right to right side (&), step left next to right (1), cross right over left (2) 12.00
- 3 & 4 Make ¼ turn right stepping back on left (3), make ¼ turn right stepping right to right side (&), cross left over right (4) 6.00
- 5 & 6 Rock right to right side (5), recover weight onto left (&), cross right over left (6) 6.00
- & 7 & 8 Rock left to left side (&), recover weight onto right (7), cross left over right (&), take big step to right side with right (8) 6.00

Sailor ¼ turn left, kick step touch and side, sailor ¼ turn left, step forward.

- 1 & 2 Cross left behind right (1), make ¼ turn left stepping right next to left (&), step forward on left (2) 3.00
- 3 & 4 Kick right foot forward (3), step right next to left (&) touch left toe to left side (4) 3.00
- & 5 Step left next to right (&), step right to right side (5) 3.00
- 6 & 7 Cross left behind right (6), make ¼ turn left stepping right next to left (&), step forward on left (7) 12.00
- 8 Step forward on right (8) 12.00

End 28 Kick right foot forward. (Do this step instead of count 8 above, on 1st and 4th wall, facing 12.00 both times) 12.00

One and half turns stepping left, right, left. Kick.

- 1 - 2 Make ½ turn left stepping forward on left (1), make ½ turn left stepping back on right (2) 12.00
- 3 - 4 Make ½ turn left stepping forward on left (3), kick right foot forward (4) 6.00

START AGAIN, HAVE FUN!