

Her Life Song

Choreographer: Ursula Traffelet «Dancin' Fun» (Switzerland) Juli 2020

Musik: **Her Life's a Song** by Alan Jackson (Thirty Miles West)
Dance: Count: (104) Phrased Wall: 2 Level: Improver/Intermediate
Sequence: AB TAG AB AB BA A A A Note: the 4th B starts 12o'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,

<https://youtu.be/oVPIQmel0q8>