

She Used To Be Mine AB

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Count: 24

Wall: 4

Level: Absolute Beginner waltz

Choreographer: Diana Liang - May 2017

Music: She used to be Mine by Sara Bareilles

Intro: 16 counts, Start dancing on the word "3"

Phrased: A (64) B (16) + Tag (64)

Sequence: A, BB, A, BB, Tag, A, BB

PART A: 64 counts

A1: WALK-DRAG FORWARD, SWITCH, WALK-DRAG BACK, SWITCH

1-2-3-4& Step R forward, Step L forward, Step R forward, Hold and drag L towards R, Step L next to R

5-6-7-8& Step R back, Step L back, Step R back, Hold and drag L towards R, Step L next to R

A2: TWO HEEL JACKS, WALK-DRAG FORWARD, SWITCH

1&2& Touch right toe next to L, Step R back, Touch left heel forward, Step L back to center

3&4& Touch right toe next to L, Step R back, Touch left heel forward, Step L back to center

5-6-7-8& Step R forward, Step L forward, Step R forward, Hold and drag L towards R, Step L next to R

A3: SLOW SIDE STRUT, LEFT HEEL DOWN, HOLD, DOUBLE HIP BUMP, LEFT HEEL DOWN, CROSS / RECOVER

1-2 Touch right toe to right side, Lower right heel down (shift weight to right) and lift left heel up

3-4 Step left heel down (shift weight to left), Hold (feet apart)

5&6 Bump hips right, left, right and lift your left heel up (weight to right)

7-8-1 Lower left heel down, Cross rock R over L, Recover to L

A4: RIGHT SIDE SHUFFLE ¼ TURN RIGHT, TURN ¼ RIGHT, LEFT SIDE SHUFFLE ¼ TURN RIGHT, TAP STEP ¼ TURN RIGHT, TAP STEP ¼ TURN RIGHT

2&3 Step R to right side, Step L next to R, Turn ¼ right and step R forward

4&5 Turn ¼ right and step L to left side, Step R next to L, Turn ¼ right and step L back

&6 Step right toe next to L, 1/8 turn right stepping L next to R

&7 Step right toe next to L, 1/8 turn right stepping L next to R

Try not to think about breaking down each direction, it is a full turn right in a circle

A5: STEP OUT-OUT, CLAP-CLAP, OUT-OUT, CLAP-SNAP

8-1 Step R to right, Step L to left (feet apart)

2-3 Clap hands twice

4-5 Step R in place, Step L in place

6-7 Clap hands, Snap fingers

Styling: Tap your right heel every time you clap, or snap

A6: OUT-OUT, CLAP-PAT, OUT-OUT, CLAP-SNAP

8-1 Step R in place, Step L in place

2-3 Clap hands, Pat left shoulder with right hand

4-5 Step R in place, Step L in place

6-7 Clap hands, Snap fingers

Styling: Tap your right heel every time you clap, pat, or snap

A7: OUT, JAZZ BOX, SHUFFLE FORWARD, ROCK FORWARD, RECOVER

8-1-2-3-4 Step R in place, Step L in place, Cross step R over L, Step L back on diagonal, Step R back on diagonal

5&6 Step L forward, Step R next to L, Step L forward

7-8 Rock R forward, Recover to L

A8: BIG STEP BACK, DRAG, STEP LEFT OUT, LOW RUN

1-2-3-4 Big step R back, Hold (2counts) as you drag L towards R, Step L next to R (feet apart) as you lift right heel up

5&6&7&8 Alternatively step down on right heel and lift left heel, step down on left heel and lift right heel (4 times)

Steps 5-8 are low run but you can make it as big as you like

PART B: 16 counts

B1: MODIFIED VINE, SWIVELS, ROCK SIDE/RECOVER, CROSS, 1/4 TURN RIGHT, HOOK

- 1-2&3-4** Step R to right side, Cross L behind R, Step R to right side, Step L to left side (feet apart), Swivel heels to left
- 5&6** Swivel heels to right and rock onto R, Recover to L, Cross step R over L
- 7-8** Turn $\frac{1}{4}$ right stepping back on L, Hook R over L

B2: STEP, SHUFFLE FORWARD, STEP, ROCKING CHAIR, ROCK BACK/RECOVER

- 1-2&3-4** Step R forward, Step L forward, Step R next to L, Step L forward, Step R forward
- 5&6** Rock L forward, Recover to R, Step L back
- 7-8** Rock R back, Recover to L

TAG: 48 counts

TS1: SIDE STEP, TOUCH, SIDE STEP, TOUCH, TWO SIDE STEPS, TOUCH

- 1-2-3-4** Step R to right side, Touch L toe in place, Step down on L, Touch R toe in place
- 5-6-7-8** Step down on R, Step L next to R, Step R to right side, Touch L toe in place

TS2: SWIVELS

- 1-2-3&4** Swivel heels left, right, left, right, left
- 5-6-7&8** Swivel heels right, left, right, left, right

Styling: During swivels alternatively shrug shoulders (right and left)

TS3 + TS4: Repeat sections TS1 +TS2 (Tag: 1-16) in the opposite direction (starting with left foot):

TS3: SIDE STEP, TOUCH, SIDE STEP, TOUCH, TWO SIDE STEPS, TOUCH

- 1-2-3-4** Step L to right side, Touch R toe in place, Step down on R, Touch L toe in place
- 5-6-7-8** Step down on L, Step R next to L, Step L to left side, Touch R toe in place

TS4: SWIVELS

- 1-2-3&4** Swivel heels right, left, right, left, right
- 5-6-7&8** Swivel heels left, right, left, right, left

Styling: During swivels alternatively shrug shoulders (left and right)

TS5: DIAGONAL LOCK STEPS

- 1-2-3-4** Step R on right diagonal, Lock L behind R, Step R on right diagonal, Touch L next to R

5-6-7-8 Step L on left diagonal, Lock R behind L, Step L on left diagonal, Touch R next to L

TS6: DIAGONAL STEP TOUCH BACK, DIAGONAL STEP TOUCH BACK, WALK BACK, ROCK BACK / RECOVER

1-2-3-4 Step R back on diagonal, Touch L next to R, Step L back on diagonal, Touch R next to L

5-6-7-8 Step R back, Step L back, Rock R back, Recover to L

Ending: Last wall will end with part B. Replace counts 7-8 (Rock back/Recover) with Touch R toe behind L, unwind ½ turn to right to finish facing the front wall. Strike a pose on the last beat as she says “Yeah”

Note: This dance is fun to do contra. During claps, snaps, and pats you can play with the other dancers. Also instead of low run, you can quickly “run” and randomly switch places with the nearest dancer.

HAVE FUN AND ENJOY!

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