

# What Love Is

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**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  $\frac{1}{4}$  turn right stepping back on left (4), make  $\frac{1}{2}$  turn right stepping forward on right (&), 9.00
- 5 - 6** Make  $\frac{1}{4}$  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  $\frac{1}{8}$  turn left stepping back on right (8), make  $\frac{1}{2}$  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  $\frac{3}{8}$  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,  $\frac{1}{2}$  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  $\frac{1}{4}$  turn right stepping back on left (3), make  $\frac{1}{4}$  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  $\frac{1}{4}$  turn left, kick step touch and side, sailor  $\frac{1}{4}$  turn left, step forward.**

**1 & 2** Cross left behind right (1), make  $\frac{1}{4}$  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  $\frac{1}{4}$  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  $\frac{1}{2}$  turn left stepping forward on left (1), make  $\frac{1}{2}$  turn left stepping back on right (2) 12.00

**3 - 4** Make  $\frac{1}{2}$  turn left stepping forward on left (3), kick right foot forward (4) 6.00

**START AGAIN, HAVE FUN!**