

# Her Life Song

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**Count:** 104

**Wall:** 2

**Level:** Phrased Improver / Intermediate

**Choreographer:** Ursula Traffelet (CH) - July 2020

**Music:** Alan Jackson - Her Life's a Song [Thirty Miles West]

**Sequence: AB TAG AB AB BA A A A Note: the 4th B starts 12 o'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 - 4R Rock Fwd, rocking weight on LF, R Rock back, rocking weight on LF**

**5,6,7 & 8R 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 & 4L 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)**

**5,6,7,8½ 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 & 4R 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 & 8L 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**

**1,2,3,4RF Step to right side, close LF to RF (weight on LF), RF Step back, LF Touch to right,**

**5,6,7,8LF 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 & 2½ Turn L stepping RF Bwd, close LF besides left (&) RF Step Bwd**

**3,4, 5 & 6LF Rock Bwd, replace weight on RF (starting ½ Turn r), ½ Turn R stepping LF Bwd, close RF beside left (&) RF Step Bwd**

**7 & 8RF Step back, LF Step next to right (&) RF Step Fwd (weight on right)**

### **[49-56] L Fwd Rock, Side Rock, Back Rock, Together, Hold**

**1,2,3,4LF Rock Fwd, replace weight on RF, L Rock side, replace weight on RF**

**5,6,7,8LF 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)**

**1,2,3,4RF 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)**

**1,2,3,4RF Step to right side, LF cross behind right, RF Step to right side, touch LF next to right**

**5,6,7,8LF Step ¼ turn left, make ½ turn left RF stepping back, ¼ 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,**

**5,6,7,8RF 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

**5,6,7,8RF 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

**5,6,7,8RF 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**

**1,2,3,4R** Rock Fwd, replace weight on LF, R Rock side, replace weight on LF

**5,6,7,8R** 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,**

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