



SHE AND I

Choreo:	Tony Speranzo	3102 Alta Vista Lane,	San Angelo, TX	76904
E-Mail:	round_dancer@verizon.net		Phone:	(325) 949-8384
Web Page:	www.round-dancer.com			(325) 245-8798
Music:	"She And I" Several Greatest Hits CD's		Artist:	Alabama
	Available as a download from Walmart & other sites Speed: As on CD			
Footwork:	Opposite-direction for man except where noted			
Phase:	II + 1(Fishtail) Two-Step		Released:	Aug 2006
Sequence:	INTRO - A - B - A - B - C - C - END			

INTRO

1 - 4 WAIT; WAIT: APT, PT; TOG TO SEMI, TCH;

1 - 4 OP diag fc LOD/wall wait 2 measures;; apt on L,-, pt R twd ptr & wall,-; step tog on R blending to semi closed position,-, Tch, L to R, -;

5 - 8 TRAVELING BOX TO PICKUP;;;:

1 - 4 sd L, cl R, fwd L trng to RSCP/RLOD, -; fwd R, -, fwd L to CP/WALL, -; sd R, cl L, bk R trng to SCP/LOD, -; fwd L, -, fwd R picking woman up to CP/LOD, -;

PART A

1 - 4 TWO FWD TWO-STEPS;; PROG SCIS TO BJO CHECKING;;:

1 - 4 fwd L, cls R, fwd L, -; fwd R, cls L, fwd R, -; sd L, cl R, XLIF (W XRIB) to SCAR DW, -; sd R, cl L, XRIF (W XLIB) to BJO/LOD with a checking motion, -;

5 - 8 FISHTAIL; WALK TWO; HITCH; FWD; HITCH/SCISSORS TO SCP;

5 - 8 in BJO/LOD XLIB of R, sd R, fwd L, lock RIB of L (W XRIF of L, sd L, bk R, lock LIF of R); fwdL, -, fwd R, -; fwd L, cl R, bk L, -; bk R, cl L, fwd R, - (w sd L twd RLOD, cls R, XLIF of R to SCP/LOD);

9 - 12 CIRCLE AWAY TWO TWO'S;; STRUT TOGETHER FOUR TO CP/WALL;;:

9 - 12 Circle away from prtnr L,R,L, -; R, L, R trng to fc prtnr & WALL, -; strut tog fwd L, -, fwd R, -; fwd L, -, fwd R to CP/WALL, -;

13 - 16 STRROLLING VINE TO BFLY/WALL;;;:

13 - 16 sd L, -, XRIB of L (w XLIF of R) to momentaty SCAR position, -; sd L, cls R, fwd L trn LF to CP/DCOH, -; sd R, -, XLIB of R (W XRIF of L) to momentary BJO position, -; sd R, cls L, fwd R trn RF blending to BFLY/WALL, -;

SHE AND I

PART B

1 - 4 FACE TO FACE; BACK TO BACK; BASKETBALL TURN;;

1 - 4 in BFLY sd L, cl R, sd L trng lf to diag LOD COH (W trn rf to diag LOD WALL), -;
sd R, cl L, sd R trng rf to OP LOD, -; lunge fwd L twd LOD trng $\frac{1}{4}$ RF, -, rec R trng
 $\frac{1}{4}$ RF to LOP fcg RLOD, -; lunge fwd L twd RLOD trng $\frac{1}{4}$ RF, -, rec R trng $\frac{1}{4}$ RF to
CP/Wall, -;

5 - 8 DOUBLE HITCH;; TWO TURNING TWO-STEPS;;

5 - 8 fwd L, cls R, bk L, -; bk R, cls L, fwd R, -; start RF trn sd L, cl R, bk L, -; cont RF trn
sd R, cl L, fwd R SCP/LOD, -;

9 - 12 TWIRL VINE TWO; WALK TWO; HITCH FOUR; WALK & PICKUP;

9 - 12 sd L, -, XRIB of L, - (woman twirl RF in two steps L, -, R, -); fwd L, -, fwd R blending
to SCP/LOD, -; fwd L, cls R to L, bk L, cls R to L; fwd L, -, fwd R picking woman up
to CP/LOD, -;

PART C

1 - 4 LACE UP;;;;

1 - 4 fwd L, cl R, fwd L, - (w cross in front of m under joined lead hands) to LOP LOD;
fwd R, cl L, fwd R, -; fwd L, cl R, fwd L, -(w cross in front of m under joined lead
hands) to OPEN LOD; fwd R, cl L, fwd R trng to BFLY/WALL, -;

5 - 6 CIRCLE AWAY TWO TWO-STEPS;; STRUT TOGETHER FOUR TO CP/WALL;

5 - 8 Circle away from prtnr L,R,L, -; R, L, R trng to fc prtnr & WALL, -; strut tog fwd
L, -, fwd R, -; fwd L, -, fwd R to CP/WALL, -;

9 - 12 BROKEN BOX;;;;

9 - 12 sd L, cls R to L, fwd L, -; rk fwd R, -, rec L, -; sd R, cls L to R, bk R, -; rk bk L, -,
rec R, -;

13 - 16 HITCH FWD; SCIS THRU TO FACE; TWO TURNING TWO-STEPS;

13 - 16 fwd L, cl R, bk L, -; sd R, cls L to R, XRIF of L (W XLIF of R) blending to
CP/WALL, -; start RF trn sd L, cl R, bk L, -; cont RF trn sd R, cl L, fwd R blending
to SCP/LOD, -;

ENDING

1 - 4 TWO FWD TWO-STEPS;; TWIRL VINE TWO; APART, POINT;

1 - 4 fwd L, cls R, fwd L, -; fwd R, cls L, fwd R, -; sd L, -, XRIB of L, - (woman twirl RF in
two steps L, -, R, -); step apt on L, -, pt R twd ptr & wall, -;