

AND I LOVE HER

Choreography: Ron & Mary Noble, 14767 East 53rd Drive Yuma, AZ 85367 (928) 345-0760
Rdancer@aol.com (503) 623-3782
Record: The Backstage Beatles, CD "The Backstage Beatles Play The Beatles"
Phase: Rumba IV + 2 + 1 (Cuddles, Open Hip Twist) & Trade Places Difficulty: medium
Footwork: Opposite, directions for man (woman as noted)
Timing: QQS, except where noted. Timing reflects actual weight changes.
Sequence: Intro, A, A, B, A mod, C, A, Ending Oct 2012

- INTRO -

1 - 4 NO HANDS POSITION FACING WALL lead feet free WAIT 2;; SOLO FENCELINES (twice);;

- 1-2 [WAIT 2] No hands Position facing Wall lead feet free WAIT 2;;
3-4 [SOLO FENCELINES (twice)] Cross lunge thru L w/bent knee looking in the direction of lunge, rec R trng to fc ptr, side L, -; cross lunge thru R w/bent knee looking in the direct of lunge, rec L trng to fc ptr, sd R, -;

- A -

1 - 4 OPEN BREAK; AIDA; SWITCH ROCK; SPOT TURN to a Handshake;

- 1 [OPEN BREAK] Rk apt strongly on L to Lf Opn Fcng Pos while extending free arm up with palm out, rec on R lowering free arm, sd L, -;
2 [AIDA] Swiveling lf fc thru R trng rt fc, sd L cont rt fc trn, bk R to an AIDA pos, -;
3 [SWITCH RCK] Trng lf fc to fc ptr sd L chking bring jn hnds thru, rec R, sd L, -;
4 [SPOT TURN] XRIFL stg a lf fc trn on R, rec L comp trn to fc ptr, sd R to a hndshk, -;

5 - 8 TRADE PLACES (twice);; Join lead hands ALEMANA to CP;;

- 5 [TRADE PLACES with RT HANDS] With rt hnds jnd rk apt L, rec R trng ¼ RF to fc RLOD beh W then rel jnd rt hnds, cont to trn rf to fc ptr & COH stepping sd & bk L twd WALL (W rk apt R, rec L trng ¼ lf to fc RLOD in front of M then rel jnd rt hnds, cont lf trn to fc ptr & WALL stepping sd & bk R twd COH) joining lf hnds,-;
6 [TRADE PLACES with LF HANDS] With lf hnds jnd rk apt R, rec L trng ¼ lf to fc RLOD beh W then rel jnd L hnds, cont to trn lf to fc ptr & WALL stepping sd & bk R twd COH (W rk apt L, rec R trng ¼ rf to fc RLOD in frnt of M then rel jnd L hnds, cont rf trn to fc ptr & COH stpng sd & bk L twd WALL) joining lead hnds,-;
7-8 [ALEMANA to CP] Fwd L, rec R, cl L lead W to stp outsd M on his lf sd, -; XRIBL lead W in a rt fc trn, rec L, sd R to CP, -; (W Bk R, rec L, sd & fwd R outsd M on his lf sd, -; fwd L trng rt fc 1/2 undr jn lead hnds, fwd R cont trn, sd L to CP, -;)

9 - 10 CUDDLES (twice);;

- 9-10 **[CUDDLES (twice)]** Sd L with inside edge pressure lowering the lead hnds & releasing the tension in the rt arm as well as trng the upper body rt fc to lead the W's opening, rec R w/tension in rt arm to lead the W's return to fc & straighten body, cl L to Cuddle Pos, -; sd R w/inside edge pressure lowering the lead hnds & releasing the tension in the lf arm as well as trng the upper body lf fc to lead the W's opening, rec L w/tension in lf arm to lead the W's return to fc & straight body, cl R to a Cuddle Pos, -;
(W swiveling up to 1/2 rt fc on L ft & w/rt sd stretch sd R to approx. 1/2 Opn, rec L w/lf sd stretch starting lf fc trn, fwd & sd R placing rt hnd on M's lf shldr, -; swiveling up to 1/2 lf fc on R ft & w/lf sd stretch sd L to approx. 1/2 L Opn, rec R w/rt sd stretch starting rt fc trn, fwd & sd L placing lf hnd on M's rt shldr, -;)

- A -

- B -

1 – 4 **CLOSED HIP TWIST; LADY to a FAN; HOCKEY STICK;;**

- 1 **[CLOSED HIP TWIST]** With slight rt fc body trn & rt sd stretch give W a slight lf sd lead to op her out chk sd & fwd L, rec R w/slight rt sd lead to lead W to cl, cl L w/slight lf sd lead to trn W ending w/slight rt sd stretch, -; (W w/slight lf sd stretch swvl rt fc up to 1/2 bk R, rec L swiveling lf fc up to 1/2, sd R small stp swvl 1/4 rt fc on R touching L to R no wt w/slight lf sd stretch, -;)
- 2 **[LADY to a FAN]** Bk R, rec L, sd R, -; (W Fwd L, trng lf fc stp sd & bk R making 1/4 trn to lf, bk L leaving R extended fwd w/no wt, -;)
- 3-4 **[HOCKEY STICK]** Fwd L, rec R, cl L, -; bk R, rec L, fwd R DRW following the W -; (W Cl R, fwd L, fwd R, -; fwd L, fwd R trng lf fc to fc ptr, sd & bk L to DRW, -;)

5 – 8 **FWD BASIC with CHEST PUSH; BK WALK to LOD (twice);; INSIDE UNDERARM TURN LADY to a FAN;**

- 5 **[FWD BASIC with CHEST PUSH]** Dropping lead hands W places her lead hand to M's chest Fwd L, rec R, bk L, -;
- 6-7 **[BK WLK to LOD (twice)]** Bk R, bk L crvng to fc RLOD, bk R, -; bk L, bk R, bk L, -; joining lead hands
- 8 **[INSIDE UNDERARM TURN LADY to a FAN]** Fwd R, trng rt fc fwd L to COH leading W to trn under joined lead hnds, trng rt fc sd R, -; (W fwd L, fwd R trng 1/2 lf fc under joined lead hands, bk L LOD leavng R extended fwd w/no wt, -;)

- A mod-

1 - 4 **START an ALEMANA to BFLY; AIDA; SWITCH RK; SPOT TRN;**

- 1 **[START an ALEMANA to BFLY]** Fwd L, rec R, cl L leading W to trn rt fc under joined lead hnds to BFLY WALL, -; (W cl R to L, fwd L, fwd R trng rt fc under joined lead hnds to fc in BFLY, -;)
- 2-4 **[AIDA] [SWITCH ROCK] [SPOT TURN]** Repeat measures 2-4 of PART A

5 -10 **TRADE PLACES (twice);; ALEMANA to CP;; CUDDLES (twice);;**

- 5-6 **[TRADE PLACES (twice)]** Repeat measures 5-6 of PART A
- 7-8 **[ALEMANA to CP]** Repeat measures 7-8 of PART A
- 9-10 **[CUDDLES (twice)]** Repeat measures 9-10 of PART A

- C -

1 – 4 ALEMANA to BOL BJO;; WHEEL SIX w/LADY'S INSIDE UNDERARM TRN to BFLY;;

- 1-2 **[ALEMANA to BOLERO BJO]** Repeat measures 7-8 of PART A to BOLERO BJO WALL with joined lead hands over M's head
3-4 **[WHEEL SIX w/LADY'S INSIDE UNDERARM TURN to BFLY]** Wheel a half to fc COH Fwd L, fwd R, fwd L, -; fwd R leading Lady to trn lf fc, trng lf cl L to fc WALL, sd R, -; (W wheel a half to fc WALL fwd R, fwd L; fwd R, -; fwd L, cl R trng lf fc under joined lead hnds, sd L, -;)

5 – 8 NEW YORKER; UNDERARM TURN; FLIRT;;

- 5 **[NEW YORKER]** Swiveling on R bring L thru with straight leg to a side by side position, rec R swiveling to fc ptr, side L, -;
6 **[UNDERARM TURN]** Raising joined lead hnds trn body slightly rt fc & cross R bhnd, rec L squaring body to fc ptr, sd R to a hndshk, -; (W XLIF under joined lead hnds start a 1/2 rt fc trn, rec R comp rt fc trn to fc ptr, sd L to a hndshk, -;)
7-8 **[FLIRT]** Fwd L, rec R, sd L, -; bk R, rec L, sd R, -; (W Bk R, fwd L, fwd R trng lf fc ½ to VARS Pos, -; bk L, rec R, sd L moving to her lf in frnt of the M to end in lf VARS Pos, -;)

9 – 10 OPPOSITE FENCELINE LADY trn to BFLY; CUCARACHA;

- 9 **[OPPOSITE FENCELINE LADY to BFLY]** Cross lunge apt L, rec R, sd L, -; (W cross lunge apt R, rec L, sd R trng rt fc to fc ptr, -;)
10 **[CUCARACHA]** Sd R, rec L, cl R, -;

- A -

- ENDING -

1 – 4 CLOSED HIP TWIST; LADY to a FAN; HOCKEY STICK;;

- 1-4 **[CL HIP TWIST] [LADY to a FAN] [HOCKEY STICK]** Repeat meas 1-4 of PART B

5 – 7 FWD BASIC with CHEST PUSH; BACK WALK THREE to CP; BACK CORTE;

- 5 **[FWD BASIC with CHEST PUSH]** Repeat measure 5 of PART B
6 **[BACK WALK THREE to CP]** Repeat measure 6 of Part B to CP
7 **[BACK CORTE]** Bk & sd L using lowering action w/supporting leg relaxed (W fwd & sd R using lowering action w/supporting leg relaxed)

CUE SHEET

INTRO

1 - 4 NO HNDS POS FACING WALL lead ft free WAIT 2;; SOLO FENCELINES (twice);;

PART A

1 - 4 NEW YORKER; AIDA; SWITCH ROCK; SPOT TURN;
5 -10 HAND to HAND (twice);; ALEMANA to CP;; CUDDLES (twice);;

PART A

1 - 4 NEW YORKER; AIDA; SWITCH ROCK; SPOT TURN;
5 -10 HAND to HAND (twice);; ALEMANA to CP;; CUDDLES (twice);;

PART B

1 - 4 OPEN HIP TWIST; LADY to a FAN; HOCKEY STICK;;
5 - 8 FWD BASIC W/CHEST PUSH; BACK WALK SIX LOD;;
join lead hnds INSIDE UNDERARM TURN L to a FAN;

PART A mod

1 - 4 START an ALEMANA to BFLY; AIDA; SWITCH ROCK; SPOT TURN;
5 -10 HAND to HAND (twice);; ALEMANA to CP;; CUDDLES (twice);;

PART C

1 - 4 ALEMANA to BOLERO BJO joined lead hnds over M's head;;
WHEEL SIX with LADY INSIDE UNDERARM TRN to BFLY;;
5 - 8 NEW YORKER; UNDERARM TURN; FLIRT;;
9 - 10 OPPOSITE FENCELINES LADY TRN to BFLY; CUCARACHA;

PART A

1 - 4 NEW YORKER; AIDA; SWITCH ROCK; SPOT TURN;
5 -10 HAND to HAND (twice);; ALEMANA to CP;; CUDDLES (twice);;

ENDING

1 - 4 CLOSED HIP TWIST; LADY to a FAN; HOCKEY STICK;;
5 - 8 FWD BASIC W/CHEST PUSH; BK WALK THREE to LOD; join lead hands CORTE;