



## SHE AND I

<b>Choreo:</b>	Tony Speranzo 3205 Ipswich Lane, St. Charles, MO 63301-8904 (636) 947-0988 Round_Dancer@yahoo.com
<b>Music:</b>	"She And I" Several Greatest Hits CD's <u>Artist:</u> Alabama Available as a download from Walmart & other sites. <u>Speed:</u> As on CD
<b>Footwork:</b>	Opposite-direction for man except where noted
<b>Phase:</b>	II + 1(Fishtail) Two-Step <u>Released:</u> Aug 2006
<b>Sequence:</b>	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 postion-,-, 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, -;

**SHE AND I**

**(Page 2)**

**PART A**

**(Continued)**

**13 - 16 STROLLING 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, -;

**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 prtner L,R,L, -; R, L, R trng to fc prtner & WALL, -; strut tog fwd L, -, fwd R, -; fwd L, -, fwd R to CP/WALL, -;

SHE AND I

(Page 2)

PART C

(Continued)

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, -;

SHE AND I  
(Quick Cues)

CHOREO: TONY SPERANZO

PH II+1 TWO-STEP

RECORD: ALABAMA

SPEED: AS ON CD

SEQ: INTRO - A - B - A - B - C - C - END

INTRO: WAIT;;; APT, PT; TOG/CP, TCH;  
TRAVEL BOX/PKUP;;;;

PART A: 2 FWD 2'S;; PROG SCIS/BJO;; FISH; WK 2; H;  
H/SCIS; CIR AWAY 2 2'S;; STRUT TOG 4;;  
STROLLING VINE/BFLY;;;;

PART B: FC/FC; BK/BK; B-BALL TRN;; H 6;; 2 TRN 2'S;;  
TWL 2; WK 2; H 4; WK & PKUP;

PART A: 2 FWD 2'S;; PROG SCIS/BJO;; FISH; WK 2; H;  
H/SCIS; CIR AWAY 2 2'S;; STRUT TOG 4;;  
STROLLING VINE/BFLY;;;;

PART B: FC/FC; BK/BK; B-BALL TRN;; H 6;; 2 TRN 2'S;;  
TWL 2; WK 2; H 4; WK 2;

PART C: LACE UP;;;; CIR AWAY 2 2'S;; STRUT TOG 4;;  
BROKEN BOX;;;; H FWD; SCIS THRU; 2 TRNG 2'S;;

PART C: LACE UP;;;; CIR AWAY 2 2'S;; STRUT TOG 4;;  
BROKEN BOX;;;; H FWD; SCIS THRU; 2 TRNG 2'S;;

END: 2 FWD 2'S;; TWL 2; APT, PT;