



COUNTRY PLUS

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ASCAP/BMI Licensed

Specializing in
Line Dancing &
Couples Flow Dancing
To All Types of Music

- Weekly Classes
- Weekly Dances
- Beginner Lessons
- Intermediate Lesson
- Partner Lessons
- D.J. Service

Sissi's Dance

Choreographed by Dan Albro

- Description:** 56 Count, Intermediate, Pattern Partner Dance
Music: "Her Life's a Song" by: Alan Jackson (132 bpm)
Intro: 32 count intro, start with vocals
Start: Side by side position, man inside, lady outside, facing FLOD (like footwork except where noted)
- 1-8** HEEL, HOOK, HEEL, HEEL, & HEEL, HOLD, STOMP, STOMP
1,2,3,4 Touch R heel fwd, hook R in front of L, touch R heel fwd, touch R heel fwd
&5,6 Quickly step R next to L, touch L heel fwd, hold
&7,8 Quickly step L next to R, stomp R, stomp R
- 9-16** STEP, LOCK, STEP, BRUSH, STEP, LOCK, STEP, BRUSH
1,2,3,4 Step fwd R, lock L behind R, step fwd R, brush L fwd
5,6,7,8 Step fwd L, lock R behind L, step fwd L, brush R fwd
- 17-24** ROCKING CHAIR, ROCK, ¼ TURN, STEP, TOUCH (Indian position facing OLOD)
1,2,3,4 Rock fwd R, replace weight on L, rock back R, replace weight on L
5,6,7,8 Rock fwd R, replace weight on L, turn ¼ right stepping side R, touch L toe next to R
- 25-32** ROCKING CHAIR, LADIES STEP ½ PIVOT, STEP, TOUCH
1,2,3,4 both Rock fwd L, replace weight on R, rock back L, replace weight on R
5 man Rock fwd L bring left hand over ladies head
6,7,8 man Replace weight on R releasing hands reconnecting in closed social, touch L toe next to R, hold
5,6,7,8 lady Step fwd L, pivot ½ right weight on R, step fwd L, touch R toe next to L
- 33-40** RUMBA BOX
1,2,3,4 man Step side L, step R next to L, step fwd L, touch R toe next to L
5,6,7,8 man Step side R, step L next to R, step back R, touch L toe next to R
1,2,3,4 lady Step side R, step L next to R, step back R, touch L toe next to R
5,6,7,8 lady Step side L, step R next to L, step fwd L, touch R toe next to L
- 41-48** LADIES STEP ½ PIVOT, STEP, TOUCH, WEAVE
1,2 man Rock back L placing ladies right hand in man's right hand, replace weight on R
3,4 man Step fwd L picking up ladies left hand, step R next to L
1,2,3,4 lady Step fwd R, pivot ½ left weight on L, step fwd R, touch L next to R
5,6,7,8 both Step side L, cross R behind, step side L, cross R over
- 49-56** LADIES TURN, STEP, BRUSH, STEP, BRUSH
1 man Turn ¼ left stepping fwd L releasing ladies left hand and bring ladies right over her head
2,3,4 man Step fwd R, step fwd L picking up ladies left hand back to side by side, brush R fwd
1,2,3,4 lady Turn ¼ right stepping back L, turn ½ right stepping fwd R, step fwd L, brush R fwd
5,6,7,8 both Step fwd R, brush L, step fwd L, brush R