



What Love Is

Choreographed by Rachael McEnaney (January 2008)
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Description: 36 Counts, 2 Walls, Intermediate/Advanced
Music: What Love Is – Mary J Blige – Growing Pains CD
Count In: 36 counts from start of track, dance starts on vocals (approx 28secs)
Notes: 2 restarts – see ending 2.
 End 2 – happens on 1st and 4th wall – you will be facing 12.00 to start dance again both times.
(Wall 1 begins at 12.00, wall 2 begins at 12.00, wall 3 begins at 6.00, wall 4 faces 12.00, wall 5 begins at 12.00, from here it will alternate as normal)

Section	Footwork	End Facing
Counts 1 – 8	Ball cross, side rock cross, full turn triple into side step, hold, ball cross, turning triple to diagonal	
& 1	Step in place with ball of right (&), cross left over right (1),	12.00
2 & 3	Rock right to right side (2), recover weight onto left (&), cross right over left (3)	12.00
4 &	Make ¼ turn right stepping back on left (4), make ½ turn right stepping forward on right (&),	9.00
5 - 6	Make ¼ turn right taking big step to left side (5), hold (6)	12.00
& 7	Step in place with ball of right (&), cross left over right (7)	12.00
8 &	Make 1/8 turn left stepping back on right (8), make ½ turn left stepping forward on left (&)	4.30
9 - 16	Walk forward on diagonal, mambo into touch back, turning sweep, cross, step back side cross	
1 - 2	Step forward on right (1), step forward on left (2) (facing diagonal)	4.30
& 3 & 4	Rock forward on right (&), recover weight onto left (3), step right next to left (&), touch left toe back (4)	4.30
5 - 6	Make 3/8 turn putting weight onto left sweeping right leg round (5), cross right over left (6)	12.00
7 & 8	Step back on left (7), step right to right side (&), cross left over right (8)	12.00
17 - 24	Step together, cross, ½ turning triple, syncopated side rock cross x2 into big step right	
& 1 - 2	Step right to right side (&), step left next to right (1), cross right over left (2)	12.00
3 & 4	Make ¼ turn right stepping back on left (3), make ¼ turn right stepping right to right side (&), cross left over right (4)	6.00
5 & 6	Rock right to right side (5), recover weight onto left (&), cross right over left (6)	6.00
& 7 & 8	Rock left to left side (&), recover weight onto right (7), cross left over right (&), take big step to right side with right (8)	6.00
25 - 32	Sailor ¼ turn left, kick step touch and side, sailor ¼ turn left, step forward.	
1 & 2	Cross left behind right (1), make ¼ turn left stepping right next to left (&), step forward on left (2)	3.00
3 & 4	Kick right foot forward (3), step right next to left (&) touch left toe to left side (4)	3.00
& 5	Step left next to right (&), step right to right side (5)	3.00
6 & 7	Cross left behind right (6), make ¼ turn left stepping right next to left (&), step forward on left (7)	12.00
8	Step forward on right (8)	12.00
End 2 8	<i>Kick right foot forward. (Do this step instead of count 8 above, on 1st and 4th wall, facing 12.00 both times)</i>	12.00
32 - 36	One and half turns stepping left, right, left. Kick.	
1 - 2	Make ½ turn left stepping forward on left (1), make ½ turn left stepping back on right (2)	12.00
3 - 4	Make ½ turn left stepping forward on left (3), kick right foot forward (4)	6.00

START AGAIN, HAVE FUN! ☺