

SHE'S GOT THE RHYTHM

COMPOSERS: Jack & Judy DeChenne, E. 3624 Ferry, Spokane, WA 99202 (509)535-2756
RECORD: ARISTA 12463-7 She's Got The Rhythm (And I Got The Blues) by Alan Jackson
PHASE RATING: West Coast Swing Phase V+1 (Sugar Push Hook Turn) + 2 unphased
RECOMMENDED SPEED: 46 RPM
SEQUENCE: Intro, A, B, C, A*, B*, Tag (Anchor Step exit given - Coaster Step exit may be substituted)
RELEASE DATE: April 1995

INTRO

1-4 BACK TO BACK M FACING RLOD SNAP FREEZE & KICK BALL CHANGE; SUGAR PUSH; CHEEK TO CHEEK;

- QQQ&Q 1 (Snap Freeze & Kick Ball/Change) In Loose Back to Back Pos M fcng RLOD lead hnds joined weight on M's R & L's L sharp trn LF fc LOD (W RF fc RLOD) slght sit action no wght chng, hold, kick L fwd, clo L on ball of ft/clo R;
- QQQQ 2,, (Sugar Push) Bk L, bk R, tch L fwd, fwd L; Anchor in pl R/L, R,
Q&Q
- QQQQ 3-4 (Cheek to Cheek) Bk L, fwd R trn 1/4 RF (W fwd R, fwd L trn 1/4 LF) close sd by sd pos fcng wall; Lift L knee bumping M's L & W's R hips, XLIF of R trn LF to fc ptrn (W XRIF of L trn RF to fc ptrn), anchor in pl R/L, R;

PART A

1-8 LEFT SIDE PASS; TUCK & TWIRL; CLOSED WHIP; THROWOUT MAN TURN TO TANDEM; RIGHT SIDE PASS;

- QQQ&Q 1,,- (Left Side Pass) Bk L trng LF fc COH, clo R trn LF fc RLOD, fwd L/clo R, fwd L twd ptrn
Q&Q (W fwd R, fwd L, fwd R/L, fwd R trng LF to fc ptrn & LOD); Anchor in pl R/L, R,
- QQQQ 2-3,, (Tuck & Twirl) Bk L, bk R; Tch L, fwd L (W fwd R, fwd L; Tch R, bk R spin full trn RF
Q&Q under joined lead hnds), anchor in pl R/L, R;
- QQQ&Q 4-5 (Closed Whip) Bk L, fwd R trng 1/4 RF, sd L/rec R trng 1/4 RF, fwd L fc LOD (W fwd R,
QQQ&Q fwd L trng 1/2 RF, bk R/clo L, fwd R trn 1/2 RF); XRIB of L trn 1/2 RF fc RLOD, fwd L,
anchor in pl R/L, R (W bk L, fwd R trn 1/4 RF, sd L/clo R trn 1/4 RF, bk L);
- QQQ&Q 6,, (Throwout Man Turn To Tandem) Fwd L, rec R; Clo L to R/in pl R, fwd L (W fwd R, fwd L;
Q&Q Fwd R/fwd L, fwd R trng 1/2 LF fc ptrn); Hook RIB of L trng the anchor RF/L, R to fc DW
chng W's R hnd into M's R hnd (W anchor in pl L/R, L) now in L-shaped tandem pos,
- QQQ&Q 7-8 (Right Side Pass) Sd & fwd L, rec R (W fwd R, fwd L pass M's R sd); Chng W's R hnd into
Q&Q M's L hnd clo L/in pl R, fwd L twd LOD (W fwd R/fwd L, fwd R trng 1/2 LF fc ptrn &
RLOD), anchor in pl R/L, R;

*** 2nd time thru - Part A starts facing RLOD & ends facing RLOD**

PART B

1-8 SUGAR PUSH HOOK TURN; DOUBLE WHIP TURN WITH HOOK & SNAP FREEZE; KICK BALL CHANGE;

- QQQQ 1-4,, (Sugar Push Hook Turn) Bk L, bk R, tch L, fwd L trng 1/4 RF (W fwd R, fwd L, tch R,
Q&QQQ bk R); Hook RIB of L trng 1/4 RF taking joined hnds over head/sd L bringing joined hnds dwn
Q&QQ&Q near R hip chng W's R hnd into M's R hnd, clo R with W in bk & slightly to R of M both fc
QQQ&Q RLOD (W anchor in pl L/R, L), Rk fwd L, rec R (W fwd R, fwd L starting past M on R sd);
Q&Q In pl L/R, L (W twrl LF 1 & 1/2 under joined hnds R/L, R to end fcg LOD & ptrn R hnds still
joined), hook RIB of L trn 1/2 RF taking joined hnds over head/sd L bringing arm down so that
joined hnds are near M's R hip, clo R (W anchor in pl L/R, L) W in bk & slightly to R of M
both fc LOD; Rk fwd L, rec R (W fwd R, fwd L starting past M on R sd), in pl L/R, L (W
twrl LF 1 & 1/2 under joined hnds R/L, R end fc RLOD & ptrn R hnds still joined); Anchor in
pl R/L, R chng W's R into M's L hnd,

PART B (CONT)

- QQQ&Q 5-7,, (Double Whip Turn with Hook & Snap Freeze) Bk L, fwd & sd R twd W's R sd trn RF catch W
QQQQ in R arm; Fwd & sd L trng RF/rec R fc RLOD, sd & fwd L pivot 1/2 RF fc LOD (W fwd R,
Q&QQQ fwd L into M's R arm trng RF; Bk R/clo L, fwd R twd LOD pivot 1/2 RF fc RLOD), XRIB,
fwd L past ptrn trng RF fc RLOD (W bk L, rec R trng 1/2 RF); XRIB, fwd L twd ptrn &
RLOD (W bk L, bk R) release hold with M's R hnd, trng the anchor RF (W trng the anchor
LF) hook RIB/L, R to fc LOD (W fc RLOD); Sharp trn RF (W trn LF) fc ptrn & RLOD slight
sit action no weight chng, hold,
Q&Q 8 (Kick Ball/Change) Kick L fwd, clo L on ball of ft/clo R;
*** 2nd time thru - Part B starts facing RLOD & ends facing LOD**

PART C

- 1-8 UNDERARM TURN TO TRIPPLE TRAVEL WITH ROLLS;:::, WRAPPED WHIP;::,
UNDERARM TURN;:
QQQ&Q 1-4,, (Underarm Turn to Tripple Travel with Rolls) Bk L comm 1/4 RF trn, fwd R complete 1/4 trn,
Q&QQQ clo L/in pl R, in pl L to R hnd star (W fwd R, fwd L, fwd R/fwd L, under joined lead hnds trn
Q&QQ&Q 3/4 LF in pl R to R hnd star); Sd R/clo L, sd R, roll 1 & 1/2 RF L, R to L hnd star; Sd L/clo R,
Q&QQQ sd L trn 1/2 LF to R hnd star, sd R/clo L, sd R trn 1/2 RF to L hnd star; Sd L/clo R, sd L, roll
Q&Q 1 & 1/8 LF R, L to LOFP fc LOD; Anchor in pl R/L, R,
QQQ&Q 5-6,, (Wrapped Whip) Bk L, fwd R trn 1/4 RF; Sd L trn 1/4 RF/rec fwd R, sd L
QQQ&Q (W fwd R, fwd L under joined lead hnds; Fwd R/clo L, bk R), XRIB trn 1/2 RF, fwd L;
Anchor in pl R/L, R (W bk L, bk R; Anchor in pl L/R, L),
QQQ&Q 7-8 (Underarm Turn) Trn RF 1/4 bk L, fwd R trn 1/4 RF; Fwd L/clo R, fwd L fc RLOD
Q&Q (W fwd R, fwd L; Under joined lead hnds fwd R/L, R trn 1/2 LF), anchor in pl R/L, R;

TAG

- 1-9 SUGAR PUSH;,, WHIP TURN & FREEZE;::, LADY LOWER & RISE;,, 2 SLOW CHICKEN
WALKS;,, 4 QUICK CHICKEN WALKS;,, WRAPPED WHIP 1/2 TO THE CLOSE POINT &
FREEZE;:, ROLL LADY OUT & SNAP;:
QQQQ 1,, (Sugar Push) Repeat meas 2 of Intro;,,
Q&Q
QQQ&Q 2-3,, (Whip Turn & Freeze) Bk L, fwd R trn 1/4 RF; Sd L trn 1/4 RF/rec fwd R, sd L (W fwd R,
QQ&QQ fwd L trn 1/2 RF; Bk R/clo L, fwd R), XRIB trn 1/2 RF, fwd L/clo R; Pt L to sd & extend R
arm out to sd, hold (W trn 1/2 RF bk L, bk R/clo L; Pt R to sd & extend L arm out to sd,
hold);-;,,
SS 4,, (Lady Lower & Rise) M compress slightly R knee allowing L leg to extend to sd,-, slowly rise
to original position,- (W clo R to L compressing knees while trng slightly LF,-, slowly rise
while trng bk to fc ptrn circle L arm in clockwise direction during meas to end with L hnd on
hip);,,
SS 5,, (2 Slow Chicken Walks) Bk L,-, bk R,- start chicken walks on word *Blues* (W fwd R swiveling
ft RF,-, fwd L swiveling ft LF,-);,,
QQQQ 6,, (4 Quick Chicken Walks) Bk L, bk R, bk L, bk R (W fwd R swiveling ft RF, fwd L swiveling
ft LF, fwd R swiveling ft RF, fwd L swiveling ft LF);,,
QQQ&Q 7-8 (Wrapped Whip 1/2 to the Close Point & Freeze) Bk L, fwd R trn 1/4 RF; Sd L trn 1/4 RF/rec
&QQ fwd R, sd L fc RLOD (W fwd R, fwd L under joined lead hnds; Fwd R/clo L, bk R fc RLOD),
Clo R to L/pt L sd,-;
QOSQ 9, (Roll Lady Out & Snap) Sm rk sd L, rec R, sd L trn LF fc Wall in bk to bk position same as
intro (W sd R twd COH comm RF trn, sd L cont RF trn, sd R trng to fc COH in bk to bk
position);-; Sharp trn RF fc ptrn & COH (W LF fc ptrn & Wall) slght sit action no wght chng,