

## What Love Is

36 count, 2 wall, intermediate/advanced level  
Choreographer: Rachael McEnaney (UK) Feb 2008  
Choreographed to: What Love Is by Mary J. Blige,  
CD: Growing Pains

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### **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
- 2&3 Rock right to right side, recover onto left, cross right over left
- 4& Make ¼ turn right stepping left back, make ½ turn right stepping forward on right, (9:00)
- 5-6 Make ¼ turn right taking big step to left side, hold (12:00)
- &7 Step in place with ball of right, cross left over right
- 8& Make 1/8 turn left stepping right back, make ½ turn left stepping forward on left (4:30)

### **WALK FORWARD ON DIAGONAL, MAMBO INTO TOUCH BACK, TURNING SWEEP, CROSS, STEP BACK SIDE CROSS**

- 1-2 Step forward on right, step forward on left (facing diagonal)
- &3&4 Rock forward on right, recover onto left, step right next to left, touch left toe back
- 5-6 Make 3/8 turn putting weight onto left sweeping right leg round, cross right over left (12:00)
- 7&8 Step left back, step right to right side, cross left over right

### **STEP TOGETHER, CROSS, ½ TURNING TRIPLE, SYNCOPATED SIDE ROCK CROSS TWICE INTO BIG STEP RIGHT**

- &1-2 Step right to right side, step left next to right, cross right over left
- 3&4 Make ¼ turn right stepping left back, make ¼ turn right stepping right to right side, cross left over right (6:00)
- 5&6 Rock right to right side, recover onto left, cross right over left
- &7&8 Rock left to left side, recover onto right, cross left over right, take big step to right side with right

### **SAILOR ¼ TURN LEFT, KICK STEP TOUCH AND SIDE, SAILOR ¼ TURN LEFT, STEP FORWARD**

- 1&2 Cross left behind right, make ¼ turn left stepping right next to left, step forward on left (3:00)
- 3&4 Kick right foot forward, step right next to left touch left toe to left side
- &5 Step left next to right, step right to right side
- 6&7 Cross left behind right, make ¼ turn left stepping right next to left, step forward on left (12:00)
- 8 Step forward on right

**RESTART** On 1st and 4th walls, change count 8 to the following, then restart the dance from count 1

- 8 Kick right foot forward (do this step instead of count 8 above, on 1st and 4th wall, facing 12:00 both times)

### **ONE AND HALF TURNS STEPPING LEFT, RIGHT, LEFT. KICK**

- 1-2 Make ½ turn left stepping forward on left, make ½ turn left stepping right back
- 3-4 Make ½ turn left stepping forward on left, kick right foot forward (6:00)

### **RESTART**

See the alternate step on count 32 for restart instructions for walls 1 and 4

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Music download available from iTunes