



Approved by:

Rachael McEnaney

What Love Is

2 WALL - 36 COUNTS - INTERMEDIATE/ADVANCED

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
Section 1 & 1 2 & 3 4 & 5 - 6 & 7 8 &	Ball Cross, Rock & Cross, Full Turn Triple Into Side Step, Ball Cross, 5/8 Turn Step ball of right in place. Cross left over right. Rock right to right side. Recover onto left. Cross right over left. Turn 1/4 right stepping left back. Turn 1/2 right stepping right forward. Turn 1/4 right taking big step to left side. Hold. (12:00) Step ball of right in place. Cross left over right. Turn 1/8 left stepping right back. Turn 1/2 left stepping left forward. (4:30)	Ball Cross Side Rock Cross Full Turn Hold Ball Cross Turn Turn	On the spot Turning right On the spot Turning left
Section 2 1 - 2 & 3 & 4 5 - 6 7 & 8	Walk x 2, Mambo Into Touch Back, Turning Sweep, Cross, Back, Side, Cross Step right forward. Step left forward (facing diagonal). Rock forward on right. Rock back on left. Step right back. Touch left toe back. Turn 3/8 left, weight on left, sweeping right round. Cross right over left. (12:00) Step left back. Step right to right side. Cross left over right.	Right Left Mambo Touch Turn Cross Back Side Cross	Forward On the spot Turning left Right
Section 3 & 1 - 2 3 & 4 5 & 6 & 7 & 8	Side Together Cross, Triple 1/2, Syncopated Side Rock Cross x 2 Into Side Step Step right to right side. Step left beside right. Cross right over left. Turn 1/4 right stepping left back. Turn 1/4 right stepping right to right side. Cross left over right. (6:00) Rock right to right side. Recover onto left. Cross right over left. Rock left to left side. Recover onto right. Cross left over right. Step right big step right.	Side Together Cross Turn Turn Cross Side Rock Cross Side Rock Cross Side	Right Turning right On the spot Right
Section 4 1 & 2 3 & 4 & 5 6 & 7 8 Restart	Sailor 1/4 Turn, Kick Step Touch & Side, Sailor 1/4 Turn, Step Cross left behind right. Turn 1/4 left stepping right beside left. Step left forward. Kick right forward. Step right beside left. Touch left toe to left side. (3:00) Step left beside right. Step right to right side. Cross left behind right. Turn 1/4 left stepping right beside left. Step left forward. Step right forward. (12:00) Walls 1 & 4: Change count 8 to kick right forward then restart dance again.	Sailor Turn Kick Step Touch Together Side Sailor Turn Step	Turning left On the spot Right Turning left Forward
Section 5 1 - 2 3 - 4	1 1/2 Turns Left, Kick Turn 1/2 left stepping left forward. Turn 1/2 left stepping right back. Turn 1/2 left stepping left forward. Kick right forward. (6:00)	Full Turn Half Turn Kick	Turning left

Choreographed by: Rachael McEnaney (UK) February 2008

Choreographed to: 'What Love Is' by Mary J Blige (92 bpm) from CD Growing Pains; also available from tescodownloads (36 count intro, approx 28 secs)

Restarts: There are 2 Restarts, both at the same point in section 4, during Walls 1 and 4