



## SHE WAS MY TEACHER, MY FRIEND

Choreographed by: **Wanda Heldt - Perth W.Australia - April 2018**  
Music: **My Mother, My Teacher, My Friend** by Owen Mac & Johnny Brady.  
32 Count - **4 Wall** - High Beginner Line dance

Email: [silverstarwa@gmail.com](mailto:silverstarwa@gmail.com) 0403 536 163

*Just love the song ! Remembering my Mum who passed away at age 59 from Cancer.  
and To all Mum's out there, God Bless. Video of dance.. <https://youtu.be/5yxO871vezY>*

### 1. **CROSS, SIDE STEP, CROSS, HOLD, JAZZ BOX with 1/4 TURN LEFT.**

- 1-4 Cross Right over Left, Step Left to Left side, Cross Right over Left, Hold.  
5-6 Step Left across Right, Step back on Right with a 1/4 Turn Left. [9]  
7-8 Long step to Left on Left, Drag Right toe In.

### 2. **1/4 & 2 1/2 TURNS OVER RIGHT SHOULDER, FORWARD, RECOVER, STEP BACK**

- 1-2 1/4 turn step forward on Right, [12], 1/2 turn Right stepping on Left [6]  
3-4 1/2 turn Right stepping forward on Right, Hold. [12]  
5-8 Rock forward on Left, Recover on Right, Step back on Left, Hold.

#### Easy Option: - **RIGHT VINE WITH A 1/4 TURN RIGHT.**

- 1-4 Vine Right with a 1/4 turn Right.Hold.

### 3. **RIGHT BACK LOCK STEP to RIGHT Diagonal LEFT BACK LOCK STEP to LEFT Diagonal**

- 1-4 Step back on Right, Step Left over Right, Step back on Right, Hold.  
5-8 Step back on Left, Step Right over Left, Step back on Left, Hold.

#### Easy Option:- **RIGHT SIDE ROCK, RECOVER, CROSS OR STEP BACK,HOLD LEFT SIDE ROCK, RECOVER, CROSS OR STEP BACK,HOLD**

- 1-4 Rock Right to Right, Recover on Left, Step Right behind Left **or** Step back, Hold.  
5-8 Rock Left to Left, Recover on Right, Step Left behind Right **or** Step back, Hold.

### 4. **RIGHT SIDE ROCK, RECOVER, CROSS STEP BEHIND LEFT 3/4 TURN RIGHT**

- 1-4 Rock Right to Right, Recover on Left, Step Right over Left, Hold.  
5-6 1/4 Turn Right stepping back on Left [3], 1/2 turn Right stepping forward on Right [9]  
7-8 Step forward on Left, Hold.

#### Easy Option: - **1/4 TURN LEFT, STEPPING L.R.L. HOLD.**

- 5-8 1/4 turn Left stepping forward on Left, Step Right next to Left, Step Left forward, Hold.

*I am very mindful of those that are not able to do some of the steps or turns etc. Due to inexperience/age or health. So I do give Easy options - so they can stay on the floor - never left out.*

**Repeat:- HAVE FUN IN LIFE & IN DANCE**