

# "What You're Made Of "

Choreographed: By Geri Morrison Jan 2005 (UK)

Description: 32 count 4 Wall Intermediate lie dance

Music: What you're made Of by Lucie Silvas, on a single, "Breath in" the album, or Now 59 (BPM 70) 8 Count Intro,

Here We Go By Girls Aloud, but you must 1/2 Time it its (164BPM) dance at (82BPM) For Country Track, Highway Headin South, Porter Wagoner (94 BPM )

## **Section 1 Side Cross, Side Cross, Rock Recover Cross, Side Behind, 1/4 Turn Left, Pivot 1/2 Left,**

- 1-2 Step Right To Right Side, Cross Left Over Right,
- & Step Right To Right Side,
- 3-4 Cross Left Over Right, Rock Right To Right Side,
- & Recover Weight on Left,
- 5-6 Cross Right Over Left, Step Left To Left Side,
- & Cross Right Behind Left,
- 7-8 Turn 1/4 Left Stepping Forward on left, Step Forward On Right,
- & Pivot 1/2 Turn Left, (Weight on Left) (3: o'clock)

## **Section 2 Walk Right Left, Right Mambo, Rock Back Recover, 1/2 Turn Right, Rock Back Recover, Point.**

- 1-2 Walk Forward Right, Left, (Option Full Turn Forward Left, Stepping Right, Left)
- 3&4 Rock Forward on Right, Recover Weight on Left, Step Right Next To Left,
- 5&6 Rock Left Back, Recover Weight on Right, Make a 1/2 Turn Right Stepping Back on Left,
- 7&8 Rock Back On Right, Recover Weight on Left, Point Right to Right Side, (9:oclock)

## **Section 3 Rock Back 1/4 Turn, Point, Cross Back Step, Kick, Cross Back Step, 1/2 Turn Right Sailor Step**

- 1&2 Rock Back On Right Turning 1/4 Turn Right, Recovering Weight On Left, Point Right To Right Side.
- 3&4 Cross Right Over Left, Step Back On Left, Step Right Next To Left.
- & Kick Left Forward,
- 5&6 Cross Left Over Right, Step Back On Right, Step Back On Left, (Traveling Slightly Back on 3&4 -5&6)
- 7&8 (1/2 Turn Sailor) Sweep Right Behind Left Making 1/2 Turn Right, Step Left Beside Right, Right Beside Left, (6:oclock)

## **Section 4 Cross Rock, Recover, Side x 2, Cross Back Step, Rock Back Recover, 3/4 Turn Left,**

- 1-2& Cross Rock Left Over Right, Recover Weight on Right, Step Left To Left Side,
- 3-4& Cross Rock Right Over Left, Recover Back On Left, Step Right To Right Side,
- 5&6 Cross Left Over Right, Step Back On Right, Step Back on Left, (1-6 Traveling Slightly Back)
- 7&8 Rock Back On Right, Recover Weight on Left, Make 1/2 Turn Left Stepping Back on Right,
- & Make a 1/4 Turn Left On Left (Left foot will be slightly crossed in front of right) (Weight on left) (9: oclock)

Choreographer's Note,

There is a Restart on the 3rd Wall after count 30 Drop the 7&8& (facing 12: o'clock)  
(Start from the beginning)

At the end of wall 6 there is an 4 count Tag, With a Pause

- 1-2 Sway Right, Sway Left,
- 3-4 Sway Right; Sway Left, Then Pause till the Piano kicks in