



And I Love Her

40 Count 4 Wall Beginner Level Dance.
Choreographed by: Holly Gilligan (CAN) Aug 2026
Choreographed to: And I Love Her by Melodies Of Love
Intro: 32 Counts. Start at approx 17 secs.

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SEC 1 NIGHTCLUB BASIC, ¼ BACK, HOLD, BACK ROCK

- 1-2 Step R to R side, hold
- 3-4 Rock back on L behind R, recover weight to R
- 5-6 ¼ R step back on L, hold (3:00)
- 7-8 Rock back on R, recover weight to L

SEC 2 FOXTROT BOX

- 1-2 Step R forward, hold
- 3-4 Step L to L side, close R to L
- 5-6 Step back on L, hold
- 7-8 Step R to R side, close L to R

SEC 3 SIDE, HOLD, CROSS ROCK, SIDE, HOLD, CROSS ROCK

- 1-2 Step R to R side, hold
- 3-4 Cross L over R, recover weight to R
- 5-6 Step L to L side, hold
- 7-8 Cross R over L, recover weight to L

SEC 4 ¼ STEP, HOLD, MAMBO, DRAW, BACK ROCK

- 1-2 ¼ R step R forward, hold (6:00)
- 3-4 Rock L forward, recover weight to R
- 5-6 Step L back, draw L toward R
- 7-8 Rock back on R, recover weight to L

Restart Here on Wall 3

SEC 5 FORWARD, HOLD, PIVOT ½, NIGHTCLUB BASIC

- 1-2 Step forward on R, hold
- 3-4 Step forward on L, turn ½ R transferring weight to R (12:00)
- 5-6 Turn ¼ R stepping L to L side, hold (3:00)
- 7-8 Rock R behind L, recover weight to L



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