

# She's My Kind of Girl

release date: March, 2012 v1.0

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SONG: She's My Kind of Girl – Abba – Ring Ring Track track 10 or Thank You for the Music, Disc 4, track 7, slow 5-6% for comfort  
RHYTHM: Foxtrot - Phase IV level of difficulty – average  
SEQUENCE: Intro, A, B, A, B, C, B, End  
Start: 3-4 feet apart both fc LOD M behind W lead ft free wait one measure  
Footwork Opposite except as noted.

## INTRO

### **1-4 WAIT; MAN WALK 2 TAP W'S SHOULDER; W LUNGE TRN REC TO FC; DIP BK & RECOVER;**

- 1 3-4 feet apart both fc DLW M behind W lead ft free wait one measure;  
SS(--) 2 fwd L, -, fwd R, light touch to W's L shoulder with L hand;  
--(SS) 3 M arms out to frame (W fwd&sd R trn LF, - rec L); CP/DLW  
SS 4 lowering bk L,-, rec R,-;CP/DLW

## PART A

### **1-4 THREE STEP; FEATHER;; HOVER TO SCP; FEATHER;**

- 1 fwd L, -, R, L; CP/DLW  
2 fwd R, -, fwd L with slight RF rotation, fwd R outside W; BJO/DLW  
3 fwd L, -, fwd&sd R rotate LF, fwd L to SCP (W bk R, -, bk&sd L, fwd R); SCP/DLC  
4 fwd R, -, fwd L with slight RF rotation, fwd R outside W; BJO/DLC

### **5-8 TURN L AND CHASSE; BK BK LK BK; IMPETUS SCP; FEATHER;**

- SQ&Q 5 fwd L start LF trn, -, sd R/cl L, sd R; BJO/bkingLOD;  
SQ&Q 6 bk L,-, bk R/ lk Lf, bk R); BJO/bkingLOD  
7 bk L comm RF trn, heel trn, fc LOD cl R cont trn sd & fwd L to SCP/DLC (W fwd R outside M comm RF trn, -, sd & fwd L cont trn bring R to brush L, fwd R in SCP); SCP/DLC  
8 fwd R, -, fwd L with slight RF rotation, fwd R outside W; BJO/DLC

## PART B

### **1-4 DIAMOND TURN;;;**

- 1 fwd L start LF trn,-, sd R, bk L (W bk R,-, sd L, fwd R outside M); BJO/bkng LOD  
2 bk R, -, sd&fwd L, fwd R outside W (W fwd L,-, sd R, bk L);  
3-4 repeat meas 1-2 moving to RLOD;; BJO/DLC

### **5-8 OPEN REVERSE TURN; FEATHER FINISH; FWD R LUNGE; BACK HOVER TO SCP;**

- 5 fwd L start LF trn,-, sd R, bk L (W bk R,-, sd L, fwd R outside M); BJO/bkngLOD  
6 bk R, -, sd L, fwd R outside W; BJO/DLW  
SS 7 fwd L, -, fwd&sd R to Rlunge, -;CP/fcing LOD preparing to bk DRC  
8 bk L start RF rotation, sd R, rec fwd L (W fwd R rotate RF, -, sd Lcont rotation, fwd R); SCP/LOD

### **9-12 IN AND OUT RUNS;; THRU CHASSE SCP; FWD HOVER TO BJO;**

- 9 fwd R start RF turn, -, sd R, bk R BJO/bkng LOD  
10 start RF trn bk L, -, fwd R, L (W fwd L outside M,-, sd R,fwd L); SCP/LOD  
SQ&Q 11 fwd R,- fwd&sd L/cl R, fwd&sd L;SCP/LOD  
12 fwd R, start LF rotation, fwd L, bk R (W fwd L rotate LF, -, sd R, rec fwd L) BJO/bkng RLOD

### **13-16 BK CHASSE TO SCAR; FWD CK W DEVELOPE; BK CHASSE TO SCP; CHAIR REC SLIP;**

- SQ&Q 13 Bk L start RF trn, -, sd R/cl L, sd R; SCAR/DRW;  
S 14 fwd L outside W, change sway to R, -,- (W bk R, change sway to left develop L, -,-);SCAR/bkng LOD  
SQ&Q 15 bk R, rotate LF, fwd&sd L/cl R, fwd&sd L; SCP/LOD  
16 fwd R, -, rec L, bk R (W rotate LF fwd L); CP/DLW

## REPEAT PART A

### **1-4 THREE STEP; FEATHER;; HOVER TO SCP; FEATHER;**

### **5-8 TURN L AND CHASSE; BK BK LK BK; IMPETUS SCP; FEATHER;**

## REPEAT PART B

### **1-4 DIAMOND TURN;;;**

### **5-8 OPEN REVERSE TURN; FEATHER FINISH; FWD R LUNGE; BACK HOVER TO SCP;**

### **9-12 IN AND OUT RUNS;; THRU CHASSE SCP; FWD HOVER TO BJO;**

### **13-16 BK CHASSE TO SCAR; FWD CK W DEVELOPE; BK CHASSE TO SCP; CHAIR REC SLIP;**

## PART C

### 1-4 PROG BOX;; OPEN REVERSE; BK AND CHASSE SCP;

- 1-2 fwd L, -, sd R, cl L; fwd R, -, sd L, cl R  
3 repeat part B meas 5

SQ&Q 4 bk R, rotate LF- sd L/cl R, fwd&sd L; SCP/LOD

### 5-8 M CHAIR & REC W FWD RUN 2; M FWD RUN 2 TAP W'S SHLDR; W LUNGE TRN REC TO FC; DIP & REC;

- SS(SQQ) 5 fwd R, release W, rec L, -(W fwd L, -, R, L); 3 feet apart both facing LOD W in front  
6 fwd R, - L, R (W hold) light touch to W's L shoulder with L hnd;  
7-8 repeat intro meas 3-4;;

## REPEAT PART B

### 1-4 DIAMOND TURN;;

### 5-8 OPEN REVERSE TURN; FEATHER FINISH; FWD R LUNGE; BACK HOVER TO SCP;

### 9-12 IN AND OUT RUNS;; THRU CHASSE SCP; FWD HOVER TO BJO;

### 13-16 BK CHASSE TO SCAR; FWD CK W DEVELOPE; BK CHASSE TO SCP; CHAIR REC SLIP;

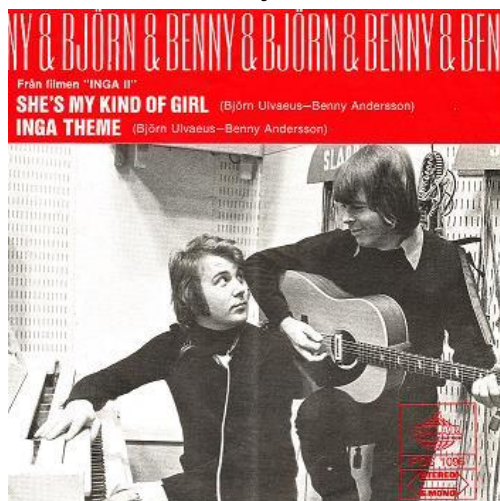
## END

### 1-4 DIP & LEG CRAWL; REC W TURN IN 2 TO ESCORT (L FT); CROSS SD CROSS 2X (QQS);

### 5-6+ STROLL 4;;

- S 1 lowering bk L, (W raise L leg along M's R)-, -,-;  
S(SQQ) 2 rec R release W, point R arm down -, bring r arm to escort (W rec L, rotate RF -, sd R, -); ESCORT/LOD identical footwork for remainder of dance  
QQS;QQS 3-4 moving to DLW xLif, sd R, XLif,-; moving DLC xRif, sd L, XRif,-;  
SSSS 5-6 fwd L,-,R,-; fwd L,-,R,-; looking at each other as music fades

## About "She's My Kind of Girl":



The song was the first single released by Björn Ulvæus & Benny Andersson in 1970, two years before they formed the popular group ABBA with their future wives.

The song was originally written for a Swedish film and then released as a single. It became very successful in Japan where it hit #1 and sold over ½ million copies.

It was later released on the export ABBA album – “Ring, Ring” even though the ABBA girls had no part in the recording.