

And She Mine

Count: 48

Wall: 0

Level: Beginner Phrased Chair

Choreographer: Helen Woods (USA) - August 2026

Music: Mine, Lord Willing [Clean] - Pynk Beard



Sequence: A B A B A A B A B A A B

SECTION A

- 1-2 Stomp right to side, clap hands
- 3-4 Stomp left to side, clap hands
- 5-8 Step right in, step left in, step right in place, step left in place (step like marching)
- 9-16 Repeat counts 1-8
- 17-18 Step right (both arms pulled up), scuff left snapping fingers forward
- 19-20 Step left (both arms pulled up), scuff right snapping fingers forward
- 21-32 Repeat counts 17-20 three more times

SECTION B

- 1-4 Shimmy bending forward
- 5-8 Shimmy sitting back
- 9 Place right hand over heart (lyrics are "Mine")
- 10 Bring both hands together as in prayer (lyrics are "Lord")
- 11-12 Hold (lyrics are "Willing")
- 13-16 Raise hands overhead (lyrics are "And the river don't rise")

Last Update: 31 Aug 2026
