

Shady

Count: 32

Wall: 2

Level:

Choreographer: Helen Born (USA) - February 2017

Music: Shady (feat. Nile Rodgers & Sam Sparro) - Adam Lambert



Grind Right & Left Heels, Coaster Steps

- 1-2 Step forward right grind heel, toes goes left then right
- 3&4 Right coaster step
- 5-6 Step forward left grind heel, toes goes right then left
- 7&8 Left coaster step

Forward Right Lock Pops, Shuffle, ½ turn Right

- 1-2 Step forward right, lock left behind as you pop right knee
- 3-4 Repeat counts 1-2
- 5&6 Shuffle forward right, left, right
- 7-8 Step forward on left, pivot ½ right

Left & Right Points, Right & Left Sailor Steps

- 1-2& Point left to left, hold, bring left to right
- 3-4 Point right to right, hold
- 5&6 Right sailor step
- 7&8 Left sailor step

Lean Diagonally Right & Left, tap Heel Taps

- 1-2-3-4 Lean Diagonally forward on right, tap heels 4 times
- 5-6-7-8 Lean Diagonally forward on left, tap heels 4 times

Tag & Restart 1-2 Counts, After Wall 3 Dance First 8 Counts, Put Hands High on Chest Exhale Twice, Restart Dance.
