

The Lady & Me

Compte: 64

Mur: 2

Niveau: Intermediate



Chorégraphe: Evelyn Khinoo (USA)

Musique: The Cowboy and the Lady - John Denver

ROCK RIGHT, ROCK LEFT, TOUCH, HOLD, BALL FORWARD, ¼ RIGHT TURN, POINT LEFT, HOLD

- 1-4 Rock right to right side, rock onto left at center, drag right toward left and touch right next to left, hold
- &5-8 Step right next to left, step left forward, step right into ¼ right turn, point left to left side, hold

CROSS, SIDE, CROSS, HOLD, SIDE, TOGETHER, SIDE, HOLD

- 1-4 Cross left in front of right, step right slightly to right keeping right back from left, cross left in front of right, hold
- 5-6 Step right to right side, step left next to right
- 7-8 Step right to side, hold

ROCK LEFT, ROCK RIGHT, TOUCH, HOLD, BALL FORWARD, ¼ LEFT TURN, POINT RIGHT, HOLD

- 1-4 Rock left to left side, rock onto right at center, drag left toward right and touch left next to right, hold
- &5-8 Step left next to right, step right forward, step left into ¼ left, point right to right side, hold

CROSS, SIDE, CROSS, HOLD, SIDE, TOGETHER, SIDE, HOLD

- 1-4 Cross right in front of left, step left slightly to left keeping left back from right, cross right in front of left, hold
- 5-6 Step left to left side, step right next to left
- 7-8 Step left to left side, hold

Option: There is a break in the music during this previous section on the 4th and 6th rounds of the dance. For counts 5-8, you may do the following:

- 5 Step left to left side (cross arms briefly in front, then bring arms out to either side and raise up.)
- 6-8 Hold for 3 counts (raising arms)

You'll hear the words "...that rainy night in Tennessee:. Start the option steps after the word Tennessee

FORWARD RIGHT, TOGETHER, FORWARD, HOLD, BACK LEFT, TOGETHER, BACK, HOOK INTO ¼ TURN RIGHT

- 1-4 Step right forward, step left together with right, step right forward, hold
- 5-8 Step left backward, step right together with left, step left backward, hook right in front of left into ¼ turn right

STRIDE FORWARD RIGHT, HOLD, STRIDE FORWARD LEFT, HOLD, WALK FORWARD RIGHT, LEFT, RIGHT, HOLD

- 1-2 Long step forward on right, hold (sweep right arm forward and slightly out to right side at waist height, palm up on count 1)
- 3-4 Long step forward on left, hold (right arm still extended forward slightly out to right)
- 5-8 Walk forward right, walk forward left, walk forward right, hold

BACK LEFT, HOLD, BACK RIGHT, HOLD, ¼ LEFT TURN, RIGHT TOGETHER, ¼ LEFT TURN, BRUSH INTO ¼ LEFT TURN

- 1-2 Long step backward on left, drag right toward left (weight left, repeat arm movement above except with left)
- 3-4 Long step backward on right, drag left toward right
- 5-6 On ball of right picot ¼ left and step left to left side, step right next to left

7-8 Step left forward into $\frac{1}{4}$ left, brush right forward into $\frac{1}{4}$ left ($\frac{3}{4}$ left turn altogether in this section)

SIDE RIGHT, CROSS, SIDE RIGHT, HOLD, BACK LEFT, CROSS, SIDE LEFT, HOLD

1-4 Step right to right side slightly back from left, cross left in front of right, step right to right side, hold

5-8 Step left back, cross right in front of left, step left to left side, hold

REPEAT

TAG

After the 5th time through the dance add:

1-3 Hold

4-5 Step right to right, touch left next to right

6-7 Step left, touch right
