

# Shady

拍数: 32      墙数: 2      级数:  
编舞者: Helen Born (USA) - February 2017  
音乐: 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 3Dance First 8 Counts, Put Hands High on Chest Exhale Twice, Restart Dance.**

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