

She's A Lady

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Wil Bos (NL) - May 2017
音乐: She's a Lady (feat. Shaggy) - Ali Campbell : (Album: UB40 Collected)



Start after 16 counts on the word 'All'

S1: Side, Together, Chassé ¼ R, Rock Fwd Recover, Shuffle ½ L

1-2 RF step side, LF together
3&4 RF step side, LF together, RF ¼ right step forward
5-6 LF rock forward, RF recover
7&8 LF ¼ left step side, RF step beside, LF ¼ left step forward [9]

S2: Pivot ¼ L, Cross Shuffle, Rock Side Recover, Sailor ¼ L

1-2 RF step forward, R+L ¼ turn left
3&4 RF cross over, LF step side, RF cross over
5-6 LF rock side, RF recover
7&8 LF ¼ left cross behind, RF step beside, LF step slightly forward [3]

S3: Walk Fwd x2, Mambo Fwd, Skate Bkw x2, Coaster Cross

1-2 RF step forward, LF step forward
3&4 RF rock forward, LF recover, RF step slightly back
5-6 LF skate back and swivel R toes right, RF skate back and swivel L toes left
7&8 LF step back, RF together, LF cross over [3]

S4: Rock Side Recover, Sailor, Sailor ¼ L, Cross, Back

1-2 RF rock side, LF recover
3&4 RF cross behind, LF step beside, RF step side
5&6 LF ¼ left cross behind, RF step beside, LF step slightly forward
7-8 RF cross over, LF step back [12]

S5: Side, Together, Shuffle Fwd, Side, Together, Shuffle Bkw

1-2 RF step side, LF together
3&4 RF step forward, LF step beside, RF step forward
5-6 LF step side, RF together
7&8 LF step back, RF step beside, LF step back [12] *

S6: Full Turn R, Coaster, Cross, Back, Chassé

1-2 RF ½ right step forward, LF ½ right step back
3&4 RF step back, LF together, RF step forward
5-6 LF cross over, RF step back
7&8 LF step side, RF together, LF step side [12]

S7: Cross, Back, Chassé ¼ R, Rock Fwd Recover, Ball Back, Back

1-2 RF cross over, LF step back
3&4 RF step side, LF together, RF ¼ right step forward
5-6 LF rock forward, RF recover
&7-8 LF step beside on ball foot, RF step back, LF step back [3]

S8: ¼ R Side, Point, ¼ L Fwd, Point, Jazz Box Cross

1-2 RF ¼ right step side, LF point side
3-4 LF ¼ left step forward, RF point side

5-8 RF cross over, LF step back, RF step side, LF cross over [3]

Start again

***Tag + Restart:**

Dance the 3rd and 7th wall up to and including count 40 (count 8 of the 5th section), then:

1-2 RF rock back, LF recover

and start again

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