

Lady

拍数: 64
编舞者: Patrizia Menga (IT) - June 2021
音乐: Like a Lady - Lady A

墙数: 2

级数: Phrased Intermediate



Sequence part A (32 count) part A (16 count), part B (32 count), part A (32 count) part A (16 count), part B (32 count + ultimate 8 count, part A (32 count). part B (32 count), part A (32 count).

#1 sequence : KICK RIGHT FORWARD, STEP LEFT CROSS BACK, OPEN RIGHT SIDE RIGHT, STEP LEFT CROSS FORWARD, STEP RIGHT SIDE RIGHT, FOOT RIGHT TURN $\frac{1}{4}$, STEP LEFT TURN $\frac{1}{2}$ STEP RIGHT TURN $\frac{1}{4}$ SCISSOR LEFT CROSS.

1&2 (12:00) :kick right forward, step left cross back.
3&4 (12 :00) :open right side right, side right, step left cross forward, step right side right foot right turn $\frac{1}{4}$ (3 :00).
5&6 (12:00) : Step left turn $\frac{1}{2}$ (6:00), step right turn $\frac{1}{4}$ (9 :00).
7&8 (9:00) : Step left side left and cross forward.

#2 sequence :(9:00) :POINT RIGHT SIDE RIGHT TURN $\frac{1}{4}$ (6:00), SAILOR STEP RIGHT TURN $\frac{1}{4}$ (3:00), HEEL RIGHT, POINT LEFT, HEEL RIGHT, STOMP LEFT TURN $\frac{1}{2}$ (12:00).

1&2 (9:00): poin right side right turn $\frac{1}{4}$ down heel right . (6:00).
3&4 (6:00) : cross left back turn $\frac{1}{4}$ (3:00), open right side right, recover left.
5,6,7&8 (3:00) heel right, point left, heel right, STOMP left, turn $\frac{1}{2}$ (12:00).

#3 sequence :(12: 00) : CROSS MAMBO STEP RIGHT, CROSS MAMBO STEP LEFT, TOUCH RIGHT SIDE RIGHT, TOUCH LEFT SIDE LEFT, TOUCH RIGHT SIDE RIGHT AND TURN $\frac{1}{2}$ (6:00), STOMP RIGHT.

1&2 (12 :00) : cross mambo step right and return.
3&4 (12:00) cross: mambo step left and return.
5&6 (12 :00) : touch with point right, return touch point left,
7&8 (12 :00) : touch with point right side right, turn $\frac{1}{2}$, (6:00), STOMP right.

#4 sequence : MAMBO STEP LEFT FORWARD, MAMBO STEP RIGHT BACK, STEP FORWARD LEFT TURN $\frac{1}{2}$ (12 :00), STEP RIGHT TURN $\frac{1}{2}$ (6:00) STOMP LEFT.

1&2 (6:00) : mambo step left forward and return,
3&4 (6:00) mambo step right back and return.
5&6 (6:00) step left forward and turn $\frac{1}{2}$ (12:00).
7&8 (12 :00) : Step right forward turn $\frac{1}{2}$ (6:00), STOMP left.

Repeat part A only 16 count part B

PART B(32 count).

***1 sequence : SLIDE RIGHT SIDE RIGHT, ROCK STEP LEFT CROSS BACK, RECOVER RIGHT, KICK LEFT, VINE LEFT, KICK RIGHT, VINE RIGHT.**

1&2 (6 :00) : slide right side right (2 count.).
3&4 (6:00) : rock step left cross back, recover right.
5&6 (6 :00) : kick left , step jump cross right back, open left, kick right.
7&8 (6:00) : kick right, step jump cross left back, open right, kick left.

***2 sequence : SLIDE LEFT SIDE LEFT, ROCK STEP RIGHT CROSS BACK, RECOVER LEFT, (6:00) JUMP KICK RIGHT, JUMP KICK LEFT TURN $\frac{1}{2}$ (12 :00), JUMP KICK RIGHT TURN (6:00), STOMP LEFT.**

1&2 slide left side left (2 count).
3&4 rock step right cross back recover left,
5,6,7 & 8 (6:00) : jump kick right, jump kick left turn $\frac{1}{2}$ (12:00), jump kick right turn $\frac{1}{2}$ (6:00) stomp left.

***3 sequence : SHUFFLE RIGHT SIDE RIGHT, JACK BOX LEFT TURN $\frac{1}{2}$ (12:00), SHUFFLE RIGHT, STEP**

LEFT TURN 1/2, STOMP RIGHT.

- 1&2 (6:00) : Step right side right, step left near right, step right side right.
3&4 (6:00) : cross left forward, open right, step left side left and turn ¼.
5&6 (6:00) : Step right turn ¼ (12:00), step left near right, step right side right.
7&8 (12 :00) step left turn 1/2 (6: 00), STOMP RIGHT.

***4 sequence:SLIDE RIGHT SIDE RIGHT, ROCK STEP LEFT CROSS BACK, RECOVER RIGHT, JACK BOX LEFT.**

- 1&2 (6:00) : slide right side right (2 count)
3&4 (6 :00) : rock step left cross back recover right.
5,6,7&8 cross left forward, open right, open left, close right.
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