

She's A Lady

COPPER **NOB**
STEPSHEETS

拍数: 64 墙数: 2 级数: Intermediate
编舞者: Mary G. Martinez (USA)
音乐: She's a Lady - Tom Jones



CROSS WALKS FORWARD (FORWARD STRUTS)

1-8 Walking forward begin with weight on left foot, step on right foot walking forward and snapping fingers, then left foot forward, right foot forward, left foot forward

ROTATE HIPPS

1-8 With weight on left foot rotate hips to the left twice then rotate hips to the right twice

Variation: bump hips twice to the left, twice to the right, once left, once right, twice left

BOX

1-8 With weight on left foot, step forward on a slight angle to your right and bring your left foot tap next to your right foot and clap. Then step back on your left foot on a slight angle and bring your right foot to the side of your left foot and clap. With your right foot, step to your right side, bringing your left foot to the side of your right foot and clap. With your weight on your right foot, step forward on a slight angle to your left bringing your right foot to the side of your left foot and clap

FORWARD JUMP/SHIMMY

1-4 Jump forward, clap and shimmy for 2 counts

5-8 Jump back, clap and shimmy for 2 counts

GRAPE VINE/KICK BALL CHANGE

1-4-5&6-7&8 With weight on your left foot, grape vine to the right, kick ball change twice

1-4-5&6-7&8 With weight on your right foot, grape vine to the left, kick ball change twice

KICK FORWARD/KICK SIDE

1-2-3&4 With weight on your left foot, kick your right foot forward, then to the right side then step on your right foot, then left foot, then right foot

5-6-7&8 With weight on your right foot, kick your left foot forward, then to the left side, then step on your left foot, then right foot, then left foot

ROCK STEP/PIVOT TURN

1-8 Rock step forward on your right foot, back on your left foot, back on your right, forward on your left. With weight on your left foot, pivot a half turn to your left and stomp twice (right foot then left foot)

REPEAT
