

Dance 'lil Lady

拍数: 32 墙数: 4 级数: Improver
编舞者: Irene Groundwater (CAN)
音乐: Dance 'Lil Lady - Tina Charles



Sequence: AB, AAB, AAB, AAB, A

TOE, HEEL, DIAGONAL FORWARD, DRAG, TOE, HEEL, DIAGONAL FORWARD, DRAG

1-2 Touch right toe to left instep, touch right heel to left instep
3-4 Right diagonal forward, drag left towards right
5-6 Touch left toe to right instep, touch left heel to right instep
7-8 Left diagonal forward, drag right towards left

TOUCH, FORWARD (4 TIMES)

9 (Turning body $\frac{1}{4}$ turn to left) touch right toe forward raising right hip towards the left
10 (Lowering hip and straightening out body $\frac{1}{4}$ turn right) right forward
11 (Turning body $\frac{1}{4}$ turn to right) touch left toe forward raising left hip towards the right
12 (Lowering hip and straightening out body $\frac{1}{4}$ turn left) left forward
13 (Turning body $\frac{1}{4}$ turn to left) touch right toe forward raising right hip towards the left
14 (Lowering hip and straightening out body $\frac{1}{4}$ turn right) right forward
15 (Turning body $\frac{1}{4}$ turn to right) touch left toe forward raising left hip towards the right
16 (Lowering hip and straightening out body $\frac{1}{4}$ turn left) left forward

(Option ? on counts 9 and 13 ? extend right arm forward brushing left hand back over head) (option ? on counts 11 and 15 ? extend left arm forward brushing right hand back over head) (option ? on counts 9 to 16 ? if you don't like hip movements - dance four forward toe struts)

BACK, BACK, BACK, KICK, BACK, BACK, BACK, KICK

17-18 Right back, left back
19-20 Right back, kick left foot forward
21-22 Left back, right back
23-24 Left back, kick right foot forward

Option: on counts 20 and 24, snap fingers each side of body, chest high

FORWARD, REPLACE, BACK, REPLACE, FORWARD, HOLD, $\frac{1}{4}$ TURN LEFT, HOLD

25-26 Right forward, replace weight on left
27-28 Right back, replace weight on left
29-30 Right forward, hold
31-32 Replace weight on left making $\frac{1}{4}$ turn left on step, hold

REPEAT

There are different versions of this song.

When dancing to the version on the CD called "Sound of the 70's Vol.2", the sequence is AB, AAB, AAB, AAB, A. If you dislike tags, ignore the tags. Dance counts 1-32 ten times and you will finish with the music. To end at front wall, on 10th round, on count 29-32, cross right over left, hold, unwind $\frac{3}{4}$ turn left, hold. Short walls always occur when you are facing the side walls.

When dancing to the version on the CD called "Very Best Of Tina Charles", (where the song is incorrectly called "Dance Little Lady Dance"), the sequence leaves off the last Part A and ends on count 12 of the last Part B. To end facing front wall on last B, dance counts 1-10 as written. On count 11, step side left making $\frac{1}{4}$ turn left and pose. If you dislike tags, ignore the tags. Dance counts 1-32 eight times. The music ends during the 9th round on count 28. To end facing front in that case, close right beside left on count 27 and pose on count 28 and you will end up facing the front wall. Short walls always occur when you are facing the side walls