

# Lady Pocahontas

**COPPER KNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Improver  
编舞者: Joenan (AUS) - July 2008  
音乐: She's a Lady (Cha Cha / 30 BPM) - Ross Mitchell, His Band and Singers



Count in: 16 counts

Or Music: Colours Of The Wind by Ross Mitchell, Count in: 16 counts

## Rock Left, Recover, Cross Rock, Recover, Chasse Left ¼ Turn Left, Pivot ¼ Turn Left

1-4            Rock Left to left side, recover onto Right, cross rock Left over Right, recover onto Right  
5&6           Step Left to left side, step Right together, step Left to left side ¼ turn left  
7-8           Step forward on Right, pivot ¼ turn left

## Cross Rock, Recover, Chasse Right ¼ Turn Right, Pivot ½ Turn Right, Triple Step ½ Turn Right

1-2            Cross rock Right over Left, recover onto Left  
3&4           Step Right to right side, step Left together, step Right to right side ¼ turn right  
5-6           Step forward on Left, pivot ½ turn right  
7&8           Triple step ½ turn right stepping Left, Right, Left

## Rock Back, Recover, Step Lock Step, Sweep Left Forward, Cross Rock, Recover

1-2            Rock back on Right, recover onto Left  
3-5            Step forward on Right, lock step Left behind Right, step forward on Right  
6-8            Sweep Left forward from back to front, cross rock Left over Right, recover onto Right

## Triple Step ½ Turn Left, Cross Step, Touch, Cross Step, Hold, Step Back, Sweep Back On Left ½ Turn Left

1&2            Triple Step ½ turn left stepping Left, Right, Left  
3-4            Cross step Right over Left, touch Left to left side  
5-8            Cross step Left over Right, hold, step back on Right, sweep Left back from front to back ½ turn left keeping weight on Right

(Choreographer's note: count 5 can be a cross lunge Left over Right with a hold on count 6)

Repeat

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