

Shady Lately

COPPER KNOB
STEPSHEETS

拍数: 64 墙数: 4 级数: Phrased Intermediate / Advanced
编舞者: Sandy Goodman (USA) - May 2012
音乐: Shady (feat. Nile Rodgers & Sam Sparro) - Adam Lambert



8 count intro: Start on lyrics. Sequence: A, B, (1st Tag), B, (2nd Tag), A-, B, (3rd Tag), B, (4th Tag), A, B, B with Ending

Part A: 32 counts. Note:- (A-) = First 16 counts of Part A.

Walk Forward (x2), Forward Mambo, Sweep Behind-Side-Cross, Rock Side Right, Recover ¼ Left, Step Forward

- 1 - 2 Walk forward Right (1), Walk forward Left (2)
- 3 & 4 Rock forward Right (3), Recover on Left (&), Step slightly back on Right (4)
- 5 & 6 Sweep Left (front to back) - Step Left behind right (5), Step Right side right (&), Cross Left over right (6)
- 7 & 8 Rock Right side right (7), Turn ¼ left- Step Left forward (&), Step Right forward (8)

Walk Forward (x2), Forward Mambo, Sweep Behind-Side-Cross, Rock Side Left, Recover ¼ Right, Step Forward

- 1 - 2 Walk forward Left (1), Walk forward Right (2)
- 3 & 4 Rock Left forward (3), Recover on Right (&), Step slightly back on Right (4)
- 5 & 6 Sweep Right (front to back) - Step Right behind left (5), Step Left side left (&), Cross Right over left (6)
- 7 & 8 Rock Left side left (7), Turn ¼ right- Step Right forward (&), Step Left forward (8)

Step Forward, Pivot ½ Turn Left, Step Forward-Pivot ¼ Left-Cross, Side-Behind-Side, Sway Right-Left

- 1 - 2 Step forward Right (1), Pivot ½ turn left- weight on Left (2) 6:00
- 3 & 4 Step forward Right (3), Pivot ¼ turn left (&), Cross Right over left (4) 3:00
- 5 & 6 Step Left side left (5), Step Right behind left (&), Step Left side left (6)
- 7 - 8 Sway Right (7), Sway Left (8)

Step Forward, Pivot ½ Turn Left, Step Forward-Pivot ¼ Left-Cross, Side-Behind-Side, Sway Right-Left

- 1 - 2 Step forward Right (1), Pivot ½ turn left- weight on Left (2) 9:00
- 3 & 4 Step forward Right (3), Pivot ¼ turn left (&), Cross Right over left (4) 6:00
- 5 & 6 Step Left side left (5), Step Right behind left (&), Step Left side left (6)
- 7 - 8 Sway Right (7), Sway Left (8)

Part B: 32 counts

Step Forward Diagonally Right-Lock, Step-Lock-Step, Step Forward Diagonally Left-Lock, Step-Lock-Step

- 1 - 2 Step Right diagonally forward right (1), Lock Left behind right (2)
- 3 & 4 Step Right diagonally forward right (3), Lock Left behind right (&), Step Right diagonally forward right (4)
- 5 - 6 Step Left diagonally forward left (5), Lock Right behind left (6)
- 7 & 8 Step Left diagonally forward left (7), Lock Right behind left (&), Step Left diagonally forward left (8) 6:00

Mambo Forward, Coaster Back, Step Pivot ½ Turn Left, Step-Pivot ¼ Left-Point Side

- 1 & 2 Step Right forward (1), Recover on Left (&), Step Right slightly back (2)
- 3 & 4 Step Left back (3), Step Right beside left (&), Step Left forward (4)
- 5 - 6 Step Right forward (5), Pivot ½ Turn left with weight on Left (6) 12:00
- 7& Step Right fwd. (7), Pivot ½ Left- weight on Left (&) 6:00
- 8& Step Right fwd.(8), Pivot ¼ left with weight on Left - Point Right Side right (&) 3:00

Sailor Right, Sailor Left, Behind-Side-Cross, Sway-Sway

- 1 & 2 Step Right behind left (1), Step Left side left (&), Step Right side right (2)
- 3 & 4 Step Left behind right (3), Step Right side right (&), Step Left side left (4)
- 5 & 6 Step Right behind left (5), Step Left side left (&), Cross Right over left (6)
- 7 - 8 Sway body Left (7), Sway body Right (8) 3:00

Sailor Left, Sailor Right, Behind-Side-Cross-Side, Behind-Side-Cross

- 1 & 2 Step Left behind right (1), Step Right side right (&), Step Left side left (2)
- 3 & 4 Step Right behind left (3), Step Left side left (&), Step Right side right (4)
- 5&6& Step Left behind right (5), Step Right side right (&), Cross Left over right (6), Step Right side right (&)
- 7 & 8 Step Left behind right (7), Step Right side right (&), Cross Left over right (8) 3:00

****1st Tag: (Step/Skate or Sway) Right (1) - Left (2) first time through the dance.**

****2nd Tag: At the end of B the second time through.**

****3rd Tag: At the end of B the third time through. (Same tag as #1)**

****4th Tag: At the end of B the 4th time through. Sway Right (1), Sway Left (2), Sway Right (3) Sway Left (4)**

1st and 3rd Tag are the same: Happens at the end of B the first and third time it's done.

- 1 - 2 Sway Right (1), Sway Left (2)

2nd Tag: Happens at the end of B the second time it's done.

- 1 - 2 Sway Right (1), Sway Left (2)
- 3 - 4 Step Right Out (3), Step Left Out (4) Or Option: Right Knee In-Out (3&), Left Knee In-Out (4&)
- 5 - 6 Step Right In (5), Step Left In (6) Or Option: Right Knee In-Out (5&), Left Knee In-Out (6&)
- &7&8 Push Chest forward (&), back (7), forward (&), back (8) Like you are breathing heavy

4th Tag: Happens at the end of B the 4th time through.

- 1 - 4 Sway Right (1), Sway Left (2), Sway Right (3), Sway Left (4)

Ending: You will be facing the 6:00 wall on the last set of 8. Do the following:

Sailor Left, Sailor Right, Behind-Side-Cross-Side-Behind-Step ¼ Turn Right, Step Forward- ¼ Turn Right-Cross

- 1 & 2 Step Left behind right (1), Step Right side right (&), Step Left side left (2)
- 3 & 4 Step Right behind left (3), Step Left side left (&), Step Right side right (4)
- 5&6& Step Left behind right (5), Step Right side right (&), Cross Left over right (6), Step Right side right (&)
- 7& Step Left behind right (7), Step Right ¼ turn right (7)
- 8 & 1 Step Left forward (8), Turn ¼ right- weight on Right (&), Cross Left over right (1)

you may also cross your arms when you cross Left over right...You'll now be facing 12:00

Have Fun !!!!

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