My Lady Soul



编舞者: Karl-Harry Winson (UK) - January 2009

音乐: Lady Soul - The Temptations



Intro: 64 Count intro, 114 BPM, Start on main Vocals, Album: Discoveries, also available on iTunes

Step Lock. Step Lock-Step. Forward rock. Shuffle 1/2 Turn.

1-2	Step forward of	n the Left Lock	Right behind Left.
1-4	OLGD IOI Wald O	II 1110 LOIL LOOK	I Mant Dennia Leit.

3&4 Step forward on the Left. Lock Right behind Left. Step forward on the Left.

5-6 Rock forward on the Right. Recover weight back on the Left.

7&8 Shuffle 1/2 Turn Right stepping: Right, Left, Right.

Cross-Back. Hips Sway x2. Cross Rock. Hip Sway x2

1-2	Cross Left over	the Right Ster	n hack on the R	iaht
1-2	CIUSS LEIL UVEI	the Mult. Ster	u dack on the h	uunt.

3-4 Step Left to Left side and sway hips Left. Sway hips Right.5-6 Cross rock Left over Right. Recover weight back onto the Right.

7-8 Step Left to Left side and sway hips Left. Sway hips Right.

Cross Rock. Left Chasse. Cross rock. Right Shuffle 1/4 Turn.

1-2	Cross rock Left over Right. Recover weight back on the Right.
3&4	Step Left to Left side. Close Right beside Left. Step Left to Left side.
5-6	Cross rock Right over Left. Recover weight back onto the Left.

7&8 Step Right to Right side. Close Left next to Right. Make 1/4 Right stepping forward on Right

*Restart here on during wall 5 facing 9 O'clock

Step. Pivot 1/2 Turn. Shuffle 1/2 Turn. Back Rock. Right Kickball-Touch.

1-2 Step Left forward. Pivot 1/2 turn Right.

3&4 Shuffle 1/2 Turn Right stepping: Left, Right, Left.

5-6 Rock back on the Right. Recover weight forward on the Left.

7&8 Kick Right foot forward. Step Right next to Left. Touch Left toe next to Right.

Start Again!

*Restart: On wall 5, after section 3 restart the dance again. You will be facing 9 O'clock.

Contact: www.karlwinsondance.moonfruit.com - karlwinsondance@hotmail.com or 07792984427

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