

Lady Soul

拍數: 64 牆數: 4 級數: High Improver
編舞者: Judy Rodgers (USA) - May 2015
音樂: Lady Soul - The Temptations



#64 count intro (on word 'beside')

S1. Skate, hold, skate, hold, turn ¼ R, turn ¼ R, behind, turn ¼ L

1-4 Skate R, hold, skate L, hold

5-8 Turn ¼ right step R fwd, turn ¼ right step L to side, step R behind L, turn ¼ left step L fwd
□3:00

S2. Rock, recover, back, sweep, back, lock, back, sweep

1-4 Rock R fwd, recover L, step R back, sweep L

5-8 Step L back, lock R over L, step L back, sweep R

S3. Coaster step, hold, turn ½ R, turn ½ R, step, hold

1-4 Step R back, step L beside R, step R fwd, hold

5-8 Turn ½ right step L back, turn ½ right step R fwd, step L fwd, hold (or shuffle fwd L R L, hold)

*** Restart here on wall 3

S4. Step, pivot ¼ L, cross, hold, turn ¼ R, turn ¼ R, cross, hold

1-4 Step R fwd, pivot ¼ left step L to side, cross R over L, hold □□12:00

5-8 Turn ¼ right step L back, turn ¼ right step R to side, cross L over R, hold 6:00

S5. Turn ¼ L, turn ½ L, step, hold, sway, sway, sway, hold

1-4 Turn ¼ left step R back, turn ½ left step L fwd, step R fwd, hold□□ 9:00

5-8 Sway L, sway R, sway L, hold

S6. Rumba box turning ¼ left

1-4 Step R to side, step L beside R, turn 1/8 left step R back, hold□□ 7:30

*** Restart here on wall 6 – replace hold with turn 1/8 left step L to side (straightening to wall)

5-8 Turn 1/8 left step L to side, step R beside L, step L fwd, hold 6:00

S7. Triple full turn L, hold, triple full turn R, hold

1-4 Turn ½ left step R back, turn ½ left step L fwd, step R fwd, hold

5-8 Turn ½ right step L back, turn ½ right step R fwd, step L fwd, hold

Options 5-8: triple fwd, hold (X2) or change just one of the turning triples to a fwd triple)

S8. Mambo turn ½ R, hold, step pivot ¼ R, hold

1-4 Rock R fwd, recover L, turn ½ right step R fwd, hold

5-8 Step L fwd, pivot ¼ right step R to side, step L fwd, hold□ 3:00

Restart 1: Wall 3 starts facing 6:00 ...dance 24 counts and Restart (will be facing 9:00)

Restart 2: Wall 6 starts facing 3:00 ...dance 44 counts - do the first 4 counts of the box - replace the hold on count 4 with a 1/8 turn left stepping L to side (Restart facing 9:00)

Ending: Wall 7 starts facing 9:00 – dance S6 (box) to count 47...turn ¼ left step L fwd to face front and smile!

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