

The Lady Song

拍數: 80 牆數: 2 級數: Phrased Advanced
編舞者: Roy Verdonk (NL), Sebastiaan Holtland (NL), Jef Camps (BEL) & Wil Bos (NL) -
March 2017
音樂: I'm a Lady - Meghan Trainor : (From The Motion Picture Smurfs: The Lost Village
- Tunes & other mp3 sites)



Introduction: 32 counts, start on approx 11 sec.
Sequence: A, B16, Tag*, A, B, A, B, B ending 12 o'clock.

Pattern A: 48 counts.

A[1-8] Fwd Toe Strut R, Side Toe Strut L, Back, Together, ¼ Pivot Turn L.

1-4 Step R forward on toes, Put R heel down, Step L to L on toes, Put L heel down.
5-8 Step R back, Step L beside R, Step R forward, Pivot ¼ turn L (9) onto L.

A[9-16] Toe Strut Across, ¼ Turn R, Toe Strut Back, Side, Cross, Side Rock / Recover.

1-4 Step R across L on toes, Put R heel down, Making ¼ turn R (12) step L back on toes, Put L heel down.
5-8 Step R to R, Step L across R, Step R to R, Recover back onto L.

A[17-24] Cross, Kick L (diag), Weave R, Hold, & Cross, Side Point R.

1-6 Step R across L, Kick L diagonal out L, Step L behind R, Step R to R, Step L across R, Hold.
7&8 Step R slightly to R, Step L across R, Point R out to R.

A[25-32] Cross, ¼ Turn R, Back, Touch Fwd, Replace, Scuff with ½ Turn L, Knee Lift L.

1-4 Step R across L, Making ¼ turn R (3) step L back, Step R back, Touch L forward.
5-8 Step L back in place, Scuff R forward, Making ½ turn L (9) step R back in place, Lift L knee up.

A[33-40] Syncopated Hip Bumps L, R, L, Side, Together, Step, Fwd Rock / Recover, Jump Both Feet Apart, Hold.

1&2 Step L to L, Bump L hip to L, Bump R hip to R, Bump L hip to L. (9.00)
3&4 Step R to R, Step L beside R, Step R forward.
5-6 Step L forward, Recover back onto R.
&7-&8 Jump Both feet apart (&7), Hold (&8).

A[41-48] & Cross, ¼ Diamond L, Runs Fwd L, R, L, Knee Lift R with ¼ Turn L, Runs Fwd R, L, R, Knee Lift L with ¼ Turn L.

&1&2 Step R beside L, Cross L over R, Step R to R, Making 1/8 turn (7.30) step L back.
3&4 Step R back, Step L to L squaring up at (6:00), Step R forward.
5&6 Making ¼ turn L (3) stepping L forward, Stepping R forward, Stepping L forward and lift R knee up.
7&8 Making ¼ turn L (12) stepping R forward, Stepping L forward, Stepping R forward and lift L knee up.

Pattern B: 32 counts.

B[1-8] Stomp & Flick, Stomp, Sailor Step, Together, Fwd Rock / Recover, Sweep L with ¼ Turn L, Sailor Step, Together.

1&2 Stomp L back in place, Flick R heel up behind L, Stomp R back in place.
3&4& Step L behind R, Step R to R, Step L to L, Step R beside L.
5-6 Step L forward, Recover back onto R, Making ¼ turn L and sweep L from front to back.
7&8& Step L behind R, Step R to R, Step L to L, Step R beside L.

B[9-16] Fwd Rock / Recover, Sweep L with ¼ Turn L, Replace, Knee Pop Fwd, Small Step Back, Knee Pop

Fwd, 2x Syncopated Kick & Hip Bumps Travelling Fwd.

- 1-2 Step L forward, Recover back onto R, Making ¼ turn L and sweep L from front to back.
3&4 Step L back in place and pop R knee forward, Step R back in place. Step L slightly back and pop R knee forward.
5&6& Kick R forward, Step R back in place, Step L to L and bump L to L, Recover back onto R.
7&8& Kick L forward, Step L back in place, Step R to R and bump R to R, Recover back onto L.
(NB: Tag here in 1st of part B after 16 counts, after start again with A (facing 6 o'clock).

B[17-24] Side, Together, Side & Low Kick L, Weave R, Recover & Side, Cross Shuffle R, Side & Back

- 1&2 Step R to R, Step L beside R, Step R to R, Kick low L out to L.
3&4 Step L behind R, Step R to R, Step L across R.
5&6&7 Recover back onto R, Step L to L, Step R cross L, Step L slightly to L, Step R across L.
&8 Step L to L, Step R back (Note technical: diagonal)

B[25-32] Back, ¼ Turn R, Side, Step, Cross Samba with ¼ Turn R, Side Chasse with ¼ Turn L, Back, ¼ Turn L, Side, Stomp.

- 1&2 Step L back, Making ¼ Turn R and step R to R, Step L forward.
3&4 Step R across L, Making ¼ Turn R and step L slightly to L, Step R slightly to R.
5&6 Step L to L, Step R beside L, Making ¼ turn L and step L forward.
7&8 Step R back, Making ¼ turn L and step L to L, Stomp R beside L.

TAG: Back, ¼ Turn L, Side, Step, Cross, ¼ Turn R, Back, ¼ Turn R, Side, Cross, Side, Together, Side & Low Kick L, Side Chasse with ¼ Turn L.

- 1&2 Step R back, Making ¼ Turn L and step L to L, Step R across L.
3&4 Making ¼ turn R and step L back, Continue a ¼ turn R and step R to R, Step L across R.
5&6 Step R to R, Step L beside R, Step R to R, Kick low L out to L.
7&8 Step L to L, Step R beside L, Making ¼ turn L and step L forward.

REPEAT DANCE AND HAVE FUN!!

Dance edit: email:royverdonkdancers@gmail.com / sm oothdancer79@hotmail.com / littlejeff @hotmail.be / info@wbos.nl
