

I'm A,... I'm A Lady

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 1 級數: Improver
編舞者: Val Saari (CAN) - July 2018
音樂: I'm a Lady - Meghan Trainor



CHUGS X 2 (FORWARD, BACK), HEEL BOUNCES RRLL

1-2 Placing feet apart, chug (scoot) forward on both feet, hold
3-4 Placing feet apart, chug (scoot) back on both feet, hold
5-6 Bounce on RF heel twice (feet apart)
7-8 Bounce on LF heel twice

RF CHARLESTON FORWARD, LF CHARLESTON BACK X 2

1-2 Sweep RF toes round to touch forward, Sweep RF toes back
3-4 Sweep LF toes round to touch back, Sweep LF toes forward
5-6 Sweep RF toes round to touch forward, Sweep RF toes back
7-8 Sweep LF toes round to touch back, Sweep LF toes forward, step heel down

MODIFIED TOE TRIANGLE, SAILOR STEP X 2, (R,L)

1-2 Touch RF toes forward, Touch RF toes to R side
3&4 Sailor Step RLR
5-6 Touch LF toes forward, Touch LF toes to L side
7&8 Sailor Step LR, Step L together

HEEL SPLITS (OUT, IN, OUT, IN, OUT), OUT, OUT, IN, IN (RLRL)

1-2 Split both heels apart, close heels together
3&4 Split both heels apart, close heels together, Split both heels apart
5-6 Step RF right, Step LF left
7-8 Step RF left, Step LF beside R

REPEAT & ENJOY - No Tags, No Restarts

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