

She's a Lady

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: High Beginner
編舞者: Uli Elfrida (INA) - June 2023
音樂: Sh'e a Lady - Julia Zahra



Tag (10 count) after wall 5 (facing 9.00)

Section 1 : Hip roll - coaster step (R - L)

1 2 Press R ball of ft fwd & move your hip in circular action /clockwise hip roll
3 & 4 Step R back, step L together, step R forward
5 6 Press L ball of foot fwd & move your hip in circular action /counter clockwise hip roll
7 & 8 Step L back, step R together, step L forward

Section 2 : Walk forward, anchor step, full turn, behind, side, cross

1 2 Step R forward, step L forward
3 & 4 Step R behind L, step L in place, step R backward
5 6 1/2 turn left stepping L forward, 1/2 turn left stepping R back
7 & 8 Step L behind R, step R side, cross L over R

Section 3 : Side, hold, rock, recover, 1/4L forward, 1/2L shuffle, back, drag

1 2 Big step R to right side, hold
& 3 4 Rock L behind R, recover on R, 1/4 turn left stepping L forward
5 & 6 1/4 turn left stepping R side, step L next to R, 1/4 turn left stepping R back
7 8 Step L back, drag R next to L

Section 4 : Toe strut with hip bump, 1/2L toe strut w/hip bump, jazz box

1 & 2 Step R toe forward w/hip bump R L, drop your R heel to floor
3 & 4 1/2 turn left stepping L toe forward w/hip bump L R, drop your L heel to floor
5 6 Cross R over L, step L back
7 8 Step R side, step L forward

Tag : Fwd rock, rec, back shuffle, back rock, rec, fwd shuffle, sway RL

1 2 Rock R forward, recover on L
3 & 4 Step R back, step L next to R, step R back
5 6 Rock L back, recover on R
7 & 8 Step L forward, step R next to L, step L forward
9, 10 Sway R - L.

Happy dancing!

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