

# The Lady & Me

**COPPER** KNOB  
STEPPERS

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Evelyn Khinoo (USA)  
音樂: The Cowboy and the Lady - John Denver



## ROCK RIGHT, ROCK LEFT, TOUCH, HOLD, BALL FORWARD, ¼ RIGHT TURN, POINT LEFT, HOLD

- 1-4 Rock right to right side, rock onto left at center, drag right toward left and touch right next to left, hold  
&5-8 Step right next to left, step left forward, step right into ¼ right turn, point left to left side, hold

## CROSS, SIDE, CROSS, HOLD, SIDE, TOGETHER, SIDE, HOLD

- 1-4 Cross left in front of right, step right slightly to right keeping right back from left, cross left in front of right, hold  
5-6 Step right to right side, step left next to right  
7-8 Step right to side, hold

## ROCK LEFT, ROCK RIGHT, TOUCH, HOLD, BALL FORWARD, ¼ LEFT TURN, POINT RIGHT, HOLD

- 1-4 Rock left to left side, rock onto right at center, drag left toward right and touch left next to right, hold  
&5-8 Step left next to right, step right forward, step left into ¼ left, point right to right side, hold

## CROSS, SIDE, CROSS, HOLD, SIDE, TOGETHER, SIDE, HOLD

- 1-4 Cross right in front of left, step left slightly to left keeping left back from right, cross right in front of left, hold  
5-6 Step left to left side, step right next to left  
7-8 Step left to left side, hold

**Option: There is a break in the music during this previous section on the 4th and 6th rounds of the dance. For counts 5-8, you may do the following:**

- 5 Step left to left side (cross arms briefly in front, then bring arms out to either side and raise up.)  
6-8 Hold for 3 counts (raising arms)

**You'll hear the words "...that rainy night in Tennessee:. Start the option steps after the word Tennessee**

## FORWARD RIGHT, TOGETHER, FORWARD, HOLD, BACK LEFT, TOGETHER, BACK, HOOK INTO ¼ TURN RIGHT

- 1-4 Step right forward, step left together with right, step right forward, hold  
5-8 Step left backward, step right together with left, step left backward, hook right in front of left into ¼ turn right

## STRIDE FORWARD RIGHT, HOLD, STRIDE FORWARD LEFT, HOLD, WALK FORWARD RIGHT, LEFT, RIGHT, HOLD

- 1-2 Long step forward on right, hold (sweep right arm forward and slightly out to right side at waist height, palm up on count 1)  
3-4 Long step forward on left, hold (right arm still extended forward slightly out to right)  
5-8 Walk forward right, walk forward left, walk forward right, hold

## BACK LEFT, HOLD, BACK RIGHT, HOLD, ¼ LEFT TURN, RIGHT TOGETHER, ¼ LEFT TURN, BRUSH INTO ¼ LEFT TURN

- 1-2 Long step backward on left, drag right toward left (weight left, repeat arm movement above except with left)  
3-4 Long step backward on right, drag left toward right  
5-6 On ball of right picot ¼ left and step left to left side, step right next to left

7-8 Step left forward into  $\frac{1}{4}$  left, brush right forward into  $\frac{1}{4}$  left ( $\frac{3}{4}$  left turn altogether in this section)

**SIDE RIGHT, CROSS, SIDE RIGHT, HOLD, BACK LEFT, CROSS, SIDE LEFT, HOLD**

1-4 Step right to right side slightly back from left, cross left in front of right, step right to right side, hold

5-8 Step left back, cross right in front of left, step left to left side, hold

**REPEAT**

**TAG**

**After the 5th time through the dance add:**

1-3 Hold

4-5 Step right to right, touch left next to right

6-7 Step left, touch right

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