

Lady

拍數: 32 牆數: 0
編舞者: Rob Fowler (ES) - March 2008
音樂: Lady - Kenny Rogers



Intro: 8 counts

SHORT WALL:

SIDE L, CROSS ROCK, ¼ TURN, ¾ PIVOT, SIDE L, COASTER, LOCK STEP, ½ TURN, TOUCH

- 1, 2& Step left to left side, rock back on right, recover weight on left
3, 4& Turn ¼ right stepping forward on right, step forward left, pivot ¾ turn right (weight on right)
5, 6& Step left to left side, step back on right, step left next to right
7&8&1 Step right forward, lock left behind right, step forward on right, make a ½ turn right whilst hitching left, touch left out to left side

(6 o'clock)

CROSS ROCK, SIDE L, CROSS, ¼ TURN R x 2, CROSS ROCK, SIDE L, CROSS FULL UNWIND (See Notes)

- 2&3 Rock left over right, recover weight on right, step left to left side
4&5 Cross right over left, make a ¼ turn right stepping back on left, make another ¼ turn right stepping right to right side
6&7 Rock left over right, recover weight on right, step left to left side,
8 (ish)

Note:

Cross right over left and unwind a full turn left (weight on right)

There is a break in the music, execute this turn throughout the break, approx 4 counts (12 o'clock)

SIDE L, BACK ROCK, SIDE R, CROSS, ¼ TURN L, SIDE L, BACK ROCK, SIDE R, CROSS, ¼ TURN L

- 1, 2& Step left to left side, rock back on right, recover weight on left
3, 4& Step right to right side, cross left over right, make a ¼ turn left stepping back on right
5, 6& Step left to left side, rock back on right, recover weight on left
7, 8& Step right to right side, cross left over right, make a ¼ turn left stepping back on right

(6 o'clock)

LONG WALL: Add these 8 counts to the Short Wall

SIDE L, CROSS ROCK, SIDE R, CROSS ROCK, SIDE L, STEP R, PIVOT ½ L, ½ TURN L, SWEEP, ¼ TURN R x 2

- 1, 2&3 Step left to left side, cross right over left, recover weight on left, step right to right side
4&5 Cross left over right, recover weight on right, step left to left side
6&7 Step forward on right, pivot ½ turn left, make another ½ turn left stepping back on right
8&1 Sweep left behind right stepping onto left, make a ¼ turn right stepping forward on right, make another ¼ turn right stepping left to left side (to start the dance again)

Note:

(12 o'clock)

In addition, when dancing the Long Wall, the full unwind at Count 16 in the Short Wall is completed in just one count

Tag: Side Step, Back Rock/Recover x 2

- 1, 2& S tep left to left side, rock back on right, recover weight on left
3, 4& S tep right to right side, rock back on left, recover weight on right

Sequence Short Wall; Short Wall; Long Wall; Tag; Short Wall; Short Wall; Long Wall; Tag;

Long Wall; Long Wall.
