

# Lady

拍數: 32      牆數: 0      級數: Phrased Intermediate  
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.

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