

My Lady

拍數: 32 牆數: 4 級數: Improver
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音樂: El Lilady - Amr Diab



Starts after 4 counts

Introduction: (36 Counts)

R Side Rock, Recover, Triple Step, L Side Rock, Recover, Triple Step

1,2 ,3&4 Rock R to R, recover on L , Triple step in place R, L, R

5,6 ,7&8 Rock L to L, recover on R , Triple step in place L, R, L

Step, 1/2L, R Shuffle Fwd, Step, 1/2R, L Shuffle Fwd

1,2 ,3&4 Step R forward, 1/2 L , Shuffle forward step R, L, R

5,6 ,7&8 Step L forward, 1/2 R , Shuffle forward step L, R, L

Rock R Forward, Recover, Triple Step, Rock L Forward, Recover, Triple Step

1,2,3&4 Rock R forward, recover on L , Triple step in place R, L, R

5,6 ,7&8 Rock L forward, recover on R , Triple step in place L, R, L

Hip Bump (R,L,RLR), Hip Bump (L,R,LRL)

1,2 ,3&4 Hip bump R, hip bump L , Hip bump R,L,R

5,6 ,7&8 Hip bump L, hip bump R , Hip bump L,R,L

Hip Roll/Circle

1-4 2 hip roll clockwise

Main Dance: 32 Counts

Rock Forward, Recover, Lock Step Back, Rock Back, Recover, Lock Step Forward

1,2 ,3&4 Rock R forward, recover on L , step back R, lock L over R, step back R

5,6,7&8 Rock L backward, recover R , forward step L, lock R behind L, step L forward.

Cross Rock, Recover, Right Chasse, Cross Rock, Recover, 1/4 Sailor To Left

1,2,3&4 Cross rock R over L, recover on L , Step R to R , step L beside R, step R to R

5,6 ,7&8 Cross rock L over R, recover on R , Sweep sailor step 1/4L

Step R To Diagonal R With R & L Hip Bump, Hip Bump R, L, R, Step L To Diagonal L With L & R Hip Bump, Hip Bump L, R, L

1,2 ,3&4 Step R to diagonal R and bump R hip and L hip , Hip bump R,L,R

5,6 ,7&8 Step L to diagonal L and bump L hip and R hip , Hip bump L,R,L

Hip Roll (Fig Of 8), Stomp, Hip Lift And Sit

1-4 Roll R hip , L hip, R hip, L hip

5-8 Stomp R foot, lift R hip up and sit on R hip down.

REPEAT

*****Tag 1: 32 count , End of wall 3 (3.00)**

Prissy Walk, Hold, R, L, R, L

1,2 ,3,4 Cross R over L, hold , Cross L over R, hold

5,6 ,7,8 Cross R over L, hold , Cross L over R, hold

Cross, Side, Behind, Sweep, Behind, Side, Cross, Sweep

1,2 Cross R over L, step L to L

- 3,4 Cross R behind L, sweep L out from front to back
- 5,6 Cross L behind RF, step R to R
- 7,8 Cross L over RF, sweep R out from back to front

Step Fwd, Touch, Back, Touch, X2

- 1,2 Step R fwd, touch L beside R
- 3,4 Step L back, touch R beside L
- 5,6 Step R fwd, touch LF beside R
- 7,8 Step L back, touch R beside L

Right Hip Drop, Shoulder Isolation R, L, R, L

- 1,2 Touch R forward (facing diagonal L), lift R hip and drop x2
- 3,4 R hip drop x2
- 5-8 Shoulder isolation forward R, L, R, L

*****Tag 2: 8 count , End of wall 6 (6.00)**

Standing Pose, Shoulder Roll R, L, R, L

- 1-4 From the sitting position, stand straight while raise both hands upwards and slowly bring hands down to your side
- 5-8 Shoulder rolling R, L, R, L (in sitting position)

Ending: You Will Dance Through 32 Counts As Normal And End Facing 12:00 Wall.

Pose In Sitting Position With R Hand Stretching Out And L Hand On L Hip As The Music Fades Out.

Enjoy The Dance!
