

# African Lady

COPPER KNOB  
BY STEPHEN

拍數: 64      牆數: 2      級數: Intermediate  
編舞者: Don Kay - March 2011  
音樂: African Lady - Tony Stevens



Start dance on lyrics.

**Chasse left. Rock back. Recover. 1/4Turn. 1/4Turn. Cross shuffle.**

1&2,3,4      Step L to side. &R next to L. L to side. Rock back on R. Recover on L. Turning 1/4 left step  
5,6,7&8      back on R. Turning 1/4 left step L to side. Cross R over L. &L to side. Cross R over L.

**1/4Turn. 1/4Turn. Shuffle forward. Step forward. Hip bump. Step forward. Hip bump**

9,10,11&12      Turning 1/4 right step back on L. Turning 1/4 right step R to side. Step forward L. &Step R  
13, 14, 15, 16      next to L. Step foeward L. Step forward R. Bump hips right. Step forward L. Bump hips left.

**Side. Rock back. Recover. Turning step back. Sweeping turning sailor shuffle. Step. Step.**

17,18,19,20      Step R to side. Rock back on L. Recover on R. Turning 1/4 right step back on L. Sweep R  
21,22&23,24      around while turning 1/4 right stepping R behind L(2 counts) &Step L to side. Step forward  
R.L.

**Rock. Recover. Coaster step. 1/4Swivel. 1/4Swivel.**

25,26,27&28      Rock forward on R. Recover on L. Step back on R. &Step left next to R. Step forward on R.  
29,30,31,32      Step forward on L. Swivel 1/4 right. Step forward on L. Swivel 1/4 right.

**Out out. In in. Walk. Walk. Out out. In in. Walk. Walk.**

&33&34,35,36      &Step L to side. Step R to side. &Step L back to centre. Step R next to L. Walk forward L.R.  
&37&38,39,40      &Step L to side. Step R to side. &Step L back to centre. Step R next to L. Walk forward L.R.

**Heel touches. (Moving back) Coaster step. Cross behind. Turning 1/4 step forward.**

41&42&      Moving back. Touch L heel forward. &Step back on L. Touch R heel forward. &Step back on  
R.

43&44,45&      Touch L heel forward. &Step back on L. Touch R heel forward. Step back on R. & L next to  
R.

46,47,48      Step forward on R. Cross L behind R. Turning 1/4 right step forward on R.

**Rock. Recover turning 1/2. Shuffle forward. Rock. Recover turning 1/2. Shuffle forward.**

49,50,51&52      Rock forward on L. Back on R. Turning 1/2 left step forward on L.&R next to L. Forward on L  
53,54,55&56      Rock forward on R. Back on L. Turning 1/2 right step forward on R.&L next to R. Forward on  
R

**Step. Turn. Turning step side. Behind. Turning step forward. Step. Swivel. Cross.**

57,58,59,60      Step forward on L. Pivot 1/2 right. Turning 1/4 right step L to side. Step R behind L. Turning  
1/4

61,62,63,64      left step forward on L. Step forward on R. Swivel 1/4 left. Cross R over L.

**Suggested finish: Dance to count 24. Then:**

**Swivel 1/4 right. Step forward on L. Swivel 1/4 right. Step L in place. Step R in place.**

Contact: [countryman@xtra.co.nz](mailto:countryman@xtra.co.nz)