Lady Soul



拍數: 32 牆數: 4 級數: Intermediate - Cha Cha

編舞者: Larry Schmidt (USA) - December 2011

音樂: Lady Soul - The Temptations



Start on "beside" when they sing "Lying here beside you"

[1-8] WALK, WALK, WALK, TOUCH, STEP, 1/4 TURN SIDE ROCK, RECOVER, CROSS & CROSS

1, 2, 3 Walk forward right, left, right.

4, 5 Touch left next to right, Step left forward.

6, 7 Step right forward, Pivot ¼ left onto left foot. (9:00)

8&1 Step right across left, Step left foot left, Step right across left.

[9-16] SWAY LEFT, SWAY RIGHT, SWAY LEFT, SWAY RIGHT, BACK ROCK, RECOVER, SIDE-TOGETHER- 1/4 TURN LEFT

2, 3 Step left foot left swaying hips left, Recover weight swaying to right.

4, 5 Sway hips left, Recover weight swaying to right.6, 7 Rock left foot behind right, Recover weight to right.

8&1 Step left foot left, Step right next to left, Turn ¼ left stepping forward onto left (6:00)

[17-24] STEP, 1/4 TURN, CROSS, BACK, SIDE, CROSS, KICK-BALL-ROCK

2, 3 Step right forward, Pivot ¼ left onto left. (3:00)
4, 5 Step right across left, Step left foot back.
6, 7 Step right foot right, Step left across right.

8&1 Kick right foot toward right diagonal, Step on ball of right foot, Rock forward onto ball of left

foot.

[25-32] RECOVER, SIDE, CROSS ROCK, RECOVER, ¼ TURN, ½ TURN, COASTER w/1/4 TURN

2, 3 Recover weight to right, Step left foot to left side.4, 5 Rock right foot across left, Recover weight to left foot.

6, 7 Turn ½ right stepping onto right (6:00), Turn ½ right stepping back on left. (12:00)

8& Swing right foot behind left turning ¼ right Step left next to right (3:00)

REPEAT

#1 RESTART During the 5th repetition (12:00), dance the first 24 counts but replace the "kick-ball-rock (8&1) with pointing right toes right (8), then restarting at the beginning.

(The 3rd set of 8 will end: Step right foot right (6), Step left across right (7), Point right toes right (8) You will be facing 3:00 when you point your toes.

#2 RESTART During the 12th repetition (6:00), dance thru count 12 and restart.

(The 2nd set of 8 will be: Sway left (10), Sway right (11), Sway left (12), start over with the 3 walks. You will be facing 3:00 at this restart)

ENJOY

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