She's A Lady

Count: 40	**Wand:** 4	**Ebene:** Improver	

Choreograf/in: Nancy Morgan (USA)

Musik: She's A Lady (Dance Mix) - Tom Jones

WALK, WALK, STEP, PIVOT ½ TURN, TWO TRAVELING KICK-BALL-CHANGES
1-2	Walk forward right, left
3-4	Step forward on right, pivot ½ turn to your left

TRAVELING KICK-BALL-CHANGES (MOVE FORWARD AS YOU DO THESE) -
5&6	Kick right foot forward, set right foot down, step forward on left
7&8	Kick right foot forward, set right foot down, step forward on left

KICK FORWARD, KICK BACK (LEAN FORWARD), TURN ½ TURN TO RIGHT AS YOU KICK FORWARD, STOMP
1	Kick right foot forward
2	Kick right foot back as you lean forward
3	Turning ½ turn to right - kick right foot forward as you stand straight up
4	Stomp right foot forward

KICK FORWARD, KICK BACK (LEAN FORWARD), TURN ½ TURN TO LEFT AS YOU KICK FORWARD, STOMP
1	Kick left foot forward
2	Kick left foot back as you lean forward
3	Turning ½ turn to left - kick left foot forward as you stand straight up
4	Stomp left foot forward

HEEL AND HEEL AND STOMP, CLAP, BOUNCE RIGHT TWICE, BOUNCE LEFT TWICE
1&2	Put right heel forward, put right next to left, put left heel forward
&3-4	Put left next to right, stomp right foot forward, clap
5-6	Bounce 2 times forward on right hip
7-8	Bounce 2 times back on left hip

ROLL HIPS TWICE, SHUFFLE FORWARD, STEP ¼ TURN RIGHT
1-2	Roll hips counter clock wise from moving from 12:00 around back to 12:00
3-4	Roll hips counter clock wise from moving from 12:00 around back to 12:00
5&6	Shuffle forward - right left, right
7-8	Step forward on left, pivot ¼ turn to right (weight is on right)

CROSS SHUFFLE, SIDE ROCK, 2 SAILORS SHUFFLES
1&2	Cross shuffle left over right - left, right, left
3-4	Step right to right side while lifting left slightly off ground, step back on left
5&6	Sailor shuffle - step right behind left, step left to left side, step right to right side and slightly forward
7&8	Sailor shuffle - step left behind right, step right to right side, step left to left side and slightly forward

REPEAT