拍数： 100
墥数： 2
级数：Phrased Intermediate
编舞者：Adam Åstmar（SWE）\＆Malene Jakobsen（DK）－December 2022
音乐：Pretty Lady（feat．Mohombi）－DJ Valdi ：（iTunes）

## Intro： 44 counts from the beginning 21 sec．seconds into track－dance begins with weight on $L$

 Phrasing：AA B AA tag AA B AATag：There＇s 1 tag，happens after dancing the 4th．A，you＇ll be facing 12.00

## PART A：32c

［1－8］Step fwd．，kick，back，back，side rock，cross，back，1／4
1－2
（1）Step fwd．on R
（2）kick L fwd． 12.00
3－4
（3）Step back on L
（4）step back on R 12.00
\＆5－6
（\＆）Rock $L$ to $L$ ，（5）recover onto $R$ ，（6）cross over R 12.00
7－8
（7）Step back on R，（8）turn 1／4 L stepping L to L 9.00
［9－16］Point，1／4，step $1 / 2$ turn，brush，ball，touch，ball，heel，ball step
1－2
（1）Point $R$ to $R$ ，（2）turn 1／4 R stepping fwd．on $R 12.00$
3－4
（3）Step fwd．on L，（4）turn 1／2 R 6.00
5\＆6
（5）Brush ball of $L$ ，（\＆）step down on $L$ ，（6）touch $R$ toes next to $R 6.00$
\＆7\＆8
（\＆）Step down on $R$ ，（7）dig $L$ heel fwd．，（\＆）step $L$ next to $R$ ，（8）step fwd．on R 6.00
［17－24］Fwd．rock，1／4，drag，ball，walk，walk，bounce $1 / 2$
1－2－3－4
（1）Rock fwd．on $L$ ，（2）recover onto $R$ ，（3）turn 1／4 L stepping $L$ to $L$ ，（4）drag $R$ towards $L$ 3.00
\＆5－6（\＆）Step R next to L，（5－6）walk fwd．L，R 3.00
7－8（7－8）Bounce heels making 1／2 L－weight ends on L9．00
［25－32］Side rock，ball，side，touch，step，1／2，1／4，step fwd．
1－2
（1）Rock R to R，（2）recover onto L 9.00
\＆3－4
（\＆）Step R next to L，（3）Step L to L，（4）Touch R next to L 9.00
5－6
（\＆）Step forward on R，（6）turn 1／2 R stepping back on L 3.00
7－8
（7）Turn $1 / 4$ R stepping fwd．on $R$ ，（8）step fwd．on L 6.00

Part B ：68c
［1－8］Fwd．with sweep，cross rock，side，step in place $\times 2$ ，side，step in place $\times 2$
1－2
（1）Step fwd．on $R$ starting to sweep $L$ from back to front，
（2）finish the sweep 12.00
3－4
（3）Rock $L$ across $R$ ，（4）recover onto $R 12.00$
5－6\＆
（5）Step $L$ to $L$ ，（6）step $R$ next to $L$ ，（\＆）step $L$ next to $R 12.00$
7－8\＆
（7）Step R to R，（8）step L next to R，（\＆）step R next to L 12.00
［9－16］Step fwd．，hold， $1 / 2$ ，hold，side，step in place $\times 2$ ，side，
1－2－3－4
（1）Step fwd．on L
（2）hold，
（3）turn $1 / 2 \mathrm{R}$ ，（4）hold 6.00
5－6\＆
（5）Step $L$ to $L$ ，（6）step $R$ next to $L$ ，（\＆）step $L$ next to $R 6.00$
7－8
（7）Step R to R，（8）touch L next to R 6.00
［17－24］Fwd．with sweep，cross rock，side，step in place $\times 2$ ，side，step in place $\times 2$
（1）Step fwd．on $L$ starting to sweep $R$ from back to front，（2）finish the sweep 6.00
3－4
（3）Rock $R$ across $L$ ，（4）recover onto $L 6.00$
5－6\＆
（5）Step $R$ to $R$ ，（6）step $L$ next to $R$ ，（\＆）step $R$ next to $L 6.00$
（7）Step $L$ to $L$ ，（8）step $R$ next to $L$ ，（\＆）step $L$ next to $R 6.00$
［25－32］Step fwd．，hold，1／2，hold，out，out，in，in，brush hands on thighs

1-2-3-4 (1) Step fwd. on R, (2) hold, (3) turn $1 / 2 \mathrm{~L}$, (4) hold 12.00
5-6\&7 (5) Step out on R, (6) step out on L, (\&) step in on R, (7) step L next to R 12.00
8\&
(8) Brush $R$ hand backwards on the outside of $R$ thigh. (\&) brush $L$ hand backwards on the outside of $L$ thigh.
[33-40] Fwd. rock, coaster cross, side rock, behind,1/4, step
1-2 (1) Rock fwd. on R, (2) recover onto L 12.00
3\&4 (3) Step back on R, (\&) step L next to R, (4) cross R over L 12.00
5-6 (5) Rock $R$ to $R$, (6) recover into $L 12.00$
7\&8 (7) Cross L behind $R$, (\&) turn 1/4 R stepping fwd. on R, (8) step fwd. on L 3.00
[41-48] Fwd. rock, coaster cross, side rock, behind, side, cross
1-2 (1) Rock fwd. on R, (2) recover onto L 3.00
$3 \& 4 \quad$ (3) Step back on $R$, (\&) step $L$ next to $R$, (4) cross R over L 3.00
5-6 (5) Rock $R$ to $R$, (6) recover into $L 3.00$
7\&8 (7) Cross L behind R, (\&) step R to R, (8) cross L over R 3.00
[49-56] Stomp, shimmy shoulders, sailor $1 / 4$ step, stomp, shimmy shoulders, sailor $1 / 4$ step
1-2 (1) Stomp $R$ to $R$, (2) shimmy your shoulders 3.00
3\&4 (3) Turn 1/4 L stepping back on, (\&) step R to R, (4) step fwd. on L 12.00
5-6 (1) Stomp $R$ to $R$, (2) shimmy your shoulders 12.00
$7 \& 8 \quad(3)$ Turn $1 / 4$ L stepping back on, (\&) step $R$ to $R$, (4) step fwd. on L 9.00
[57-64] Stomp, shimmy shoulders, sailor $1 / 4$, run $1 / 2 \mathrm{~L}$
1-2 (1) Stomp $R$ to $R$, (2) shimmy your shoulders 9.00
$3 \& 4 \quad$ (3) Turn $1 / 4 \mathrm{~L}$ stepping back on, (\&) step $R$ to $R$, (4) step fwd. on $L 6.00$
$5 \& 6 \& 7 \& 8 \& \quad(5 \& 6 \& 7 \& 8 \&)$ Run $1 / 2$ around turning left to the front $R, L . R, L, R, L, R, L 12.00$
[65-68] Together \& bend knees, hold, clap
1-2-3-4
(1) Close R next to $L$ and bend knees, (2) Straighten knees, (3) Hold, (4) Clap your hands 12.00

TAG: Rocking chair
1-2-3-4 (1) Rock fwd. on $R$, (2) recover onto $L$, (3) rock back on $R$, (4) recover onto $L$

