

She's a Lady

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Renee Goodwin (USA) - July 2025
音乐: She's a Lady - Tom Jones : (1971)



Intro: 16 counts

R Fwd Toe Strut, L Fwd Toe Strut (on Diagonal), Lindy R

1,2,3,4 R Fwd Toe Strut , L Fwd Toe Strut (R diagonal)
5&6,7,8 Shuffle Right (RLR), step back L, recover (square to wall)

L Fwd Toe Strut, R Fwd Toe Strut (On Diagonal), Lindy L

1,2,3,4 L Fwd Toe Strut , R Fwd Toe Strut (L diagonal)
5&6,7,8 Shuffle Right (LRL), step back R, recover (square to wall)

Turning Toe Struts ½ Left x2, R Mambo, L Mambo

1&2 Touch R Toe Forward, Turn ½ Turn L Stepping Down On R
3&4 Touch L Toe Back, Turn ½ Turn L Stepping Down On L

(Non-Turning Option – 2 Toe Struts Forward)

5&6 Mambo R (R Step fwd, recover, step together)
7&8 Mambo L (Step fwd L, recover, step together)

R Sailor Step turning ¼ turn R (RLR), L Back Sailor Step (LRL), R Rock back, Recover, R Step Fwd Hip Roll , L Step Fwd Hip Roll

1&2,3&4 R Sailor Step turning ¼ turn R (RLR), L back Sailor Step (LRL)
5,6,7,8 R rock back, recover, R step fwd hip roll, L step fwd hip roll

Tag after Wall 5: Wall 6: Dance 8 counts, then Shuffle L (LRL): RESTART (Wall 7)

Wall 11: Dance 16 counts, Step R turning ¼ L to face front wall

End of Dance