

Dance Ladies' Dance

Choreographed by: Emily Woo (Raindrops Dance), Feb 09

32 Count, 4 wall – Beginner level

Music: 'Dance Little Lady' by Tina Charles



Start on vocal

Side together, cross side cross

- 1 – 2 Step right foot to right side, step left foot next to right.
- 3 & 4 Cross right foot over left, step left foot to left side, cross right foot over left.
- 5 – 6 Step left foot to left side, step right foot next to left.
- 7 & 8 Cross left foot over right, step right foot to right side, cross left foot over right.

Right side, left recover, ¼ left turn & sit on right, left back & flick R behind, body shake

- 1 Step right foot to side (right hand throw straight up to right side with fingers stretched out, and look up to right hand, put left hand on waist).
- 2 Recover weight on left foot (put right hand on chest, look down to left).
- 3 Turn ¼ left and shift weight to right foot in a sitting position with left foot touch forward (right hand still on chest, left hand still on waist).
- 4 Step left foot back while raising up the body and flick right foot behind at the same time, (right hand still on chest, left hand still on waist through to the 8th count).
- 5 Step right foot next to left foot with both knees bent (right hand straight out pointing front, palm facing down).
- 6&7&8 Shake body to right, left, right, left, right (sweep right hand from front to right side for a quarter-circle).

Full turn left

- 1 – 8 Walk a big full circle to the left in a model style starting with right foot for 8 counts.

Right shuffle forward, left shuffle forward

- 1 & 2 Step right foot forward (diagonal to right), step left foot together, step right foot forward.
(While doing the shuffle forward, cross both hands at waist level, palms up and extend both hands from front to sides.)
- 3 & 4 Step left foot forward (square up), step right foot together, step left foot forward (return both hands to waist).
- 5 & 6 Repeat 1 & 2 (Right shuffle forward).
- 7 & 8 Repeat 3 & 4 (Left shuffle forward).

Repeat

Ending: When the music begins to die down, you'll be walking the big circle to the left to the front wall. At the 8th count, raise up both hands above your head in a 'V' shape to pose.