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## Shady Lately

Phrased, 4 Wall, Intermediate

Choreographer: Sandy Goodman (USA) June 2012

Choreographed to: Shady by Adam Lambert

Sequence: 8-count intro, AB, Tag 1, B, Tag 2, A-, B, Tag 3, B, Tag 4, AB, B with Ending  
Start dancing on lyrics

### PART A

#### **WALK FORWARD (TWICE), FORWARD MAMBO, SWEEP BEHIND-SIDE-CROSS, ROCK SIDE RIGHT, RECOVER ¼ LEFT, STEP FORWARD**

- 1-2 Step right forward, step left forward
- 3&4 Rock right forward, recover to left, step right slightly back
- 5&6& Sweep left front to back, sweep/cross left behind right, step right side, cross left over right
- 7&8 Rock right side, turn ¼ left and step left forward, step right forward

#### **WALK FORWARD (TWICE), FORWARD MAMBO, SWEEP BEHIND-SIDE-CROSS, ROCK SIDE LEFT, RECOVER ¼ RIGHT, STEP FORWARD**

- 1-2 Step left forward, step right forward
- 3&4 Rock left forward, recover to right, step right slightly back
- 5&6& Sweep right front to back, sweep/cross right behind left, step left side, cross right over left
- 7&8 Rock left side, turn ¼ right and step right forward, step left forward

#### **STEP FORWARD, TURN ½ LEFT, STEP FORWARD- ¼ LEFT-CROSS, SIDE-BEHIND-SIDE, SWAY RIGHT-LEFT**

- 1-2 Step right forward, turn ½ left (weight to left) (6:00)
- 3&4 Step right forward, turn ¼ left and cross right over left (3:00)
- 5&6 Step left side, cross right behind left, step left side
- 7-8 Sway right, sway left

#### **STEP FORWARD, TURN ½ LEFT, STEP FORWARD- ¼ LEFT-CROSS, SIDE-BEHIND-SIDE, SWAY RIGHT-LEFT**

- 1-2 Step right forward, turn ½ left (weight to left) (9:00)
- 3&4 Step right forward, turn ¼ left and cross right over left (6:00)
- 5&6 Step left side, cross right behind left, step left side
- 7-8 Sway right, sway left

### PART B

#### **STEP FORWARD DIAGONALLY RIGHT-LOCK, STEP-LOCK-STEP, STEP FORWARD DIAGONALLY LEFT-LOCK, STEP-LOCK-STEP**

- 1-2 Step right diagonally forward, lock left behind right
- 3&4 Locking chassé diagonally forward right-left-right
- 5-6 Step left diagonally forward, lock right behind left
- 7&8 Step left diagonally forward, lock right behind left, step left diagonally forward (6:00)

#### **MAMBO FORWARD, COASTER BACK, STEP TURN ½ LEFT, STEP- ¼ LEFT-POINT SIDE**

- 1&2 Rock right forward, recover to left, step right slightly back
- 3&4 Step left back, step right together, step left forward
- 5-6 Step right forward, turn ½ left (weight to left) (12:00)
- 7& Step right forward, turn ½ left (weight to left) (6:00)
- 8& Step right forward, turn ¼ left (weight to left), touch right side (3:00)

#### **SAILOR RIGHT, SAILOR LEFT, BEHIND-SIDE-CROSS, SWAY-SWAY**

- 1&2 Cross right behind left, step left side, step right side
- 3&4 Cross left behind right, step right side, step left side
- 5&6 Cross right behind left, step left side, cross right over left
- 7-8 Sway body left, sway body right

#### **SAILOR LEFT, SAILOR RIGHT, BEHIND-SIDE-CROSS-SIDE, BEHIND-SIDE-CROSS**

- 1&2 Cross left behind right, step right side, step left side
- 3&4 Cross right behind left, step left side, step right side
- 5&6& Cross left behind right, step right side, cross left over right, step right side
- 7&8 Cross left behind right, step right side, cross left over right

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**TAG 1 & Tag 3**

1-2 Sway right, sway left

**TAG 2**

1-2 Sway right, sway left

3-4 Step right side, step left side

Option: right knee in-out (3&), left knee in-out (4&)

5-6 Step right home, step left together

Option: right knee in-out (5&), left knee in-out (6&)

&7&8 Hold (Push chest forward, back, forward, back)

Like you are breathing heavy

**TAG 4**

1-4 Sway right, sway left, sway right, sway left

**ENDING**

**SAILOR LEFT, SAILOR RIGHT, BEHIND-SIDE-CROSS-SIDE-BEHIND-STEP turn ¼ right,  
STEP FORWARD- turn ¼ right- CROSS**

1&2 Cross left behind right, step right side, step left side

3&4 Cross right behind left, step left side, step right side

5&6& Cross left behind right, step right side, cross left over right, step right side

7& Cross left behind right, turn ¼ right and step right forward

8&1 Step left forward, turn ¼ right (weight to right), cross left over right

You may also cross your arms when you cross left over right. You'll now be facing 12:00