

## Dance Ladies Dance

32 Count, 4 Wall, Improver

Choreographer: Emily Woo (Can) May 2010

Choreographed to: Dance 'Lil Lady by Tina Charles

CD: Sound Of The 70's Vol.2 (109 bpm)

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Start on vocal

### **SIDE TOGETHER, CROSS SIDE CROSS**

- 1-2 Step right to side, step left together
- 3&4 Crossing chassé right, left, right
- 5-6 Step left to side, step right together
- 7&8 Crossing chassé left, right, left

### **RIGHT SIDE, LEFT RECOVER, ¼ LEFT TURN & SIT ON RIGHT, LEFT BACK & FLICK RIGHT BEHIND, BODY SHAKE**

- 1 Step right to side (throw right hand straight up to right side with fingers stretched out, and look up to right hand, put left hand on waist)
- 2 Recover to left (put right hand on chest, look down to left)
- 3 Turn ¼ left and shift weight to right in a sitting position with left touch forward (right hand still on chest, left hand still on waist)
- 4 Step left back while raising up the body and flick right behind at the same time, (right hand still on chest, left hand still on waist through to the 8th count)
- 5 Step right together 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 1/4 circle)

### **FULL TURN LEFT**

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

### **RIGHT SHUFFLE FORWARD, LEFT SHUFFLE FORWARD**

- 1&2 Step right forward (diagonal to right), step left together, step right 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 forward (square up), step right together, step left forward (return both hands to waist)
- 5&6 Repeat 1&2 (right shuffle forward)
- 7&8 Repeat 3&4 (left shuffle forward)

### **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