

SHE'S A LADY

33

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AVAILABLE THRU PALOMINO RECORDS

RECORD STAR 156

ARTIST ROSS MITCHELL & SINGERS

FOOTWORK DIRECTIONS FOR MAN EXCEPT WHERE NOTED SPEED: 42-43

RHYTHM CHA CHA PH IV+1 {OPN HIP TWIST}

SEQUENCE A A B A {1-8} C

INTRO

1-4 ;; SHLDR TO SHLDR 2X;;

BFLY WAIT; WAIT; Rk fwd L, rec R, sd L/cl R, sd L; Rk
 fwd R, rec L, sd R/cl L, sd R;

PART A

1-4 NYR; CRAB WALKS;; SPOT TRN;

Thru L, rec R, sd L/cl R, sd L; XRIF, sd L, XRIF/sd L,
 XRIF; Sd L, XRIF, sd L/cl R, sd L; XRIF trn, rec L trn,
 sd R/cl L, sd R;

5-8 CRAB WALKS;; SPOT TRNS 2X;;

To RLOD XLIF, sd R, XLIF/sd R, XLIF; Sd R, XLIF, sd R/cl
 L, sd R; XLIF trn, rec R trn, sd L/cl R, sd L; XRIF trn, rec
 L trn, sd R/cl L, sd R;

9-16 CHASE TO L/HD STAR;iii

Fwd L trn, rec R, fwd L/cl R, fwd L; Fwd R trn, rec L,
 fwd R/cl L, fwd R; Fwd L, rec R, bk L/cl R, bk L; Bk R,
 rec L, fwd R/cl L, fwd R trn to a L/hd star;

17-20 UMB TRNS;iii

Fwd L, rec R, bk L/cl R, bk L; Bk R, rec L, fwd R/cl L,
 fwd R; Fwd L, rec R, bk L/cl R, bk L; Bk R, rec L trn,
 sd R/cl L, sd R;

PART B

1-4 OPN HIP TWIST; FAN; HOCKEY STICK;

Hd Shk Ck fwd L, rec R, bk L/cl R, bk L; Bk R, rec L,
 sd R/cl L, sd R; Fwd L, rec R, stp L/stp R, stp L; Bk R,
 rec L, fwd R/cl L, fwd R;

5-8 LADIES LARIOT;; TIME STEP 2X;;

BJO Sd L, rec R, cl L/stp R, stp L; Sd R, rec L, cl R/stp L,
 stp R; XLIB, rec R, sd L/cl R, sd L; XRIB, rec L, sd R/cl L,
 sd R;

PART C

1-4 BASIC;; BRK BK REC 3 FWD TRIPLES;;

BFLY Fwd L, rec R, sd L/cl R, sd L; Bk R, rec L, sd R/cl L,
 sd R; Bhd L, rec R, fwd L/lk R, fwd L; Fwd R/lk L, fwd R,
 fwd L/lk R, fwd L;

5-8 AIDA; RK BK REC 3 FWD TRIPLES;; RK APT REC FC;

Fwd R trn, sd L trn, bk R/lk L, bk R; Bhd L, rec R, fwd
 L/lk R, fwd L; Fwd R/lk L, fwd R, fwd L/lk R, fwd L; Rk
 apt R, rec L FC/PTR, sd R/cl L, sd R;

9-12 OPN BRK; WHIP L/OPN; WLK 2; SLIDE DOOR;

Rk apt L, rec R, sd L/cl R, sd L; Bk R trn, rec L,
 sd R/cl L, sd R L/OPN; Fwd L, fwd R, fwd L/cl R, fwd L;
 Rk apt R, rec L, XRIF/sd L, XRIF;

13-16 CIRCLE AWAY & TOG;; NYR 4; OPN BRK & HOLD;

Fwd L trn, fwd R, fwd L/cl R, fwd L trn FC/PTR; Fwd R,
 fwd L, fwd R/cl L, fwd R; Thru L, rec R, sd L, cl R;
 Rk apt L & hold ld hds up, -, -, -;