

My Lady Soul

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Count: 32 **Wall:** 4 **Level:** Improver

Choreographer: Karl-Harry Winson (UK) Jan 2009

Music: 'Lady Soul' by The Temptations

Intro: 64 Count intro, 114 BPM, Start on main Vocals, Album: Discoveries, also available on iTunes

Step Lock. Step Lock-Step. Forward rock. Shuffle 1/2 Turn.

- 1-2 Step forward on the Left. Lock Right behind Left.
- 3&4 Step forward on the Left. Lock Right behind Left. Step forward on the Left.
- 5-6 Rock forward on the Right. Recover weight back on the Left.
- 7&8 Shuffle 1/2 Turn Right stepping: Right, Left, Right.

Cross-Back. Hips Sway x2. Cross Rock. Hip Sway x2

- 1-2 Cross Left over the Right. Step back on the Right.
- 3-4 Step Left to Left side and sway hips Left. Sway hips Right.
- 5-6 Cross rock Left over Right. Recover weight back onto the Right.
- 7-8 Step Left to Left side and sway hips Left. Sway hips Right.

Cross Rock. Left Chasse. Cross rock. Right Shuffle 1/4 Turn.

- 1-2 Cross rock Left over Right. Recover weight back on the Right.
- 3&4 Step Left to Left side. Close Right beside Left. Step Left to Left side.
- 5-6 Cross rock Right over Left. Recover weight back onto the Left.
- 7&8 Step Right to Right side. Close Left next to Right. Make 1/4 Right stepping forward on Right

***Restart here on during wall 5 facing 9 O'clock**

Step. Pivot 1/2 Turn. Shuffle 1/2 Turn. Back Rock. Right Kickball-Touch.

- 1-2 Step Left forward. Pivot 1/2 turn Right.
- 3&4 Shuffle 1/2 Turn Right stepping: Left, Right, Left.
- 5-6 Rock back on the Right. Recover weight forward on the Left.
- 7&8 Kick Right foot forward. Step Right next to Left. Touch Left toe next to Right.

Start Again!

***Restart: On wall 5, after section 3 restart the dance again. You will be facing 9 O'clock.**

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