

# LADY POCAHONTAS

LINEDANCE.COM

**Count:** 32

**Wall:** 4

**Level:** Beginner / Intermediate

**Choreographer:** Joenan , Aus (July 08)

**Music:** She's A Lady by Ross Mitchell

## Count in: 16 counts

**Or Music: Colours Of The Wind by Ross Mitchell, Count in: 16 counts**

## Rock Left, Recover, Cross Rock, Recover, Chasse Left $\frac{1}{4}$ Turn Left, Pivot $\frac{1}{4}$ Turn Left

**1-4** Rock Left to left side, recover onto Right, cross rock Left over Right, recover onto Right

**5&6** Step Left to left side, step Right together, step Left to left side  $\frac{1}{4}$  turn left

**7-8** Step forward on Right, pivot  $\frac{1}{4}$  turn left

## Cross Rock, Recover, Chasse Right $\frac{1}{4}$ Turn Right, Pivot $\frac{1}{2}$ Turn Right, Triple Step $\frac{1}{2}$ Turn Right

**1-2** Cross rock Right over Left, recover onto Left

**3&4** Step Right to right side, step Left together, step Right to right side  $\frac{1}{4}$  turn right

**5-6** Step forward on Left, pivot  $\frac{1}{2}$  turn right

**7&8** Triple step  $\frac{1}{2}$  turn right stepping Left, Right, Left

## Rock Back, Recover, Step Lock Step, Sweep Left Forward, Cross Rock, Recover

**1-2** Rock back on Right, recover onto Left

**3-5** Step forward on Right, lock step Left behind Right, step forward on Right

**6-8** Sweep Left forward from back to front, cross rock Left over Right, recover onto Right

## Triple Step $\frac{1}{2}$ Turn Left, Cross Step, Touch, Cross Step, Hold, Step Back, Sweep Back On Left $\frac{1}{2}$ Turn Left

**1&2** Triple Step  $\frac{1}{2}$  turn left stepping Left, Right, Left

**3-4** Cross step Right over Left, touch Left to left side

**5-8** Cross step Left over Right, hold, step back on Right, sweep Left back from front to back  $\frac{1}{2}$  turn left keeping weight on Right

**(Choreographer's note: count 5 can be a cross lunge Left over Right with a hold on count 6)**

## Repeat

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Source: LineDance.com — [https://www.linedance.com/index.php?f=dance\\_view&id=75868](https://www.linedance.com/index.php?f=dance_view&id=75868)