

My Lady

Choreographed
by: Emily Mah (Apr 10)

Music: **El-Lilady** by **Amr Diab**

Descriptions: 32 count - 4 wall - Beginner/Intermediate level line dance

Video Link : <http://www.youtube.com/watch?v=bM4T9SUibEw>

[Starts after 4 counts](#)

Intro: 36 Counts

Right Side Rock, Recover, Triple Step, Left Side Rock, Recover, Triple Step

- 1,2 Rock RF to right, recover on LF
- 3&4 Triple step in place right, left, right
- 5,6 Rock LF to left, recover on RF
- 7&8 Triple step in place left, right, left

Step, 1/2 Turn L, Right Shuffle Fwd, Step, 1/2 Turn R, Left Shuffle Fwd

- 1,2 Step RF forward, 1/2 turn left
- 3&4 Shuffle forward stepping right, left, right
- 5,6 Step LF forward, 1/2 turn right
- 7&8 Shuffle forward stepping left, right, left

Rock Rf Forward, Recover, Triple Step, Rock Lf Forward, Recover, Triple Step

- 1,2 Rock RF forward, recover on LF
- 3&4 Triple step in place right, left, right
- 5,6 Rock LF forward, recover on RF
- 7&8 Triple step in place left, right, left

Hip Bump (R,L,Rlr), Hip Bump (L,R,Lrl)

- 1,2 Hip bump R, hip bump L
- 3&4 Hip bump R,L,R
- 5,6 Hip bump L, hip bump R
- 7&8 Hip bump L,R,L

Hip Roll/Circle

- 1-4 2 hip roll clockwise

Dance: 32 Counts

Rock Forward, Recover, Lock Step Back, Rock Back, Recover, Lock Step Forward

- 1,2 Rock RF forward, recover on LF
- 3&4 Lock step back - step back right, lock left over right, step back right
- 5,6 Rock LF backward, recover RF
- 7&8 Lock step forward - step left, lock right behind left, step left forward.

Cross Rock, Recover, Right Chasse, Cross Rock, Recover, 1/4 Sailor To Left

- 1,2 Cross rock RF over LF, recover on LF
- 3&4 Step RF to right , step LF beside RF, step RF to right
- 5,6 Cross rock LF over RF, recover on RF
- 7&8 Sweep sailor step 1/4 turn L

Step Rf To Diagonal R With R & L Hip Bump, Hip Bump R, L, R, Step Lf To Diagonal L With L & R Hip Bump, Hip Bump L, R, L

- 1,2 Step RF to diagonal R and bump R hip and L hip
- 3&4 Hip bump R,L,R
- 5,6 Step LF to diagonal L and bump L hip and R hip
- 7&8 Hip bump L,R,L

Hip Roll (Fig Of 8), Stomp, Hip Lift And Sit

- 1-4 Roll R hip , L hip, R hip, L hip
- 5-8 Stomp R foot, lift R hip up and sit on R hip down.

REPEAT

TAG 1: 32 COUNTS, TO BE DANCED AFTER 3RD WALL, FACING 3.00

Prissy Walk, Hold, R, L, R, L

- 1,2 Cross RF over LF, hold
- 3,4 Cross LF over RF, hold
- 5,6 Cross RF over LF, hold
- 7,8 Cross LF over RF, hold

Cross, Side, Behind, Sweep, Behind, Side, Cross, Sweep

- 1,2 Cross RF over LF, step LF to left
- 3,4 Cross Rf behind LF, sweep LF out from front to back
- 5,6 Cross LF behind RF, step RF to right
- 7,8 Cross LF over RF, sweep RF out from back to front

Step Fwd, Touch, Back, Touch, X2

- 1,2 Step RF fwd, touch LF beside RF
- 3,4 Step LF back, touch RF beside LF
- 5,6 Step RF fwd, touch LF beside RF
- 7,8 Step LF back, touch RF beside LF

Right Hip Drop, Shoulder Isolation R, L, R, L

- 1,2 Touch RF forward (facing diagonal L), lift R hip and drop x2
- 3,4 R hip drop x2
- 5-8 Shoulder isolation forward R, L, R, L

TAG 2: 8 COUNTS, TO BE DANCED AFTER 6TH WALL, FACING 6:00

Standing Pose, Shoulder Roll R, L, R, L

- 1-4 From the sitting position, stand straight while raise both hands upwards and slowly bring hands down to your side
- 5-8 Shoulder rolling R, L, R, L (in sitting position)

Ending: You Will Dance Through 32 Counts As Normal And End Facing 12:00 Wall, Pose In Sitting Position With R Hand Stretching Out And L Hand On L Hip As The Music Fades Out.

Enjoy The Dance!