SHADY

Choreographed By: Darren Bailey, Fred Whitehouse, Amy Glass
Level: Intermediate
Counts/Walls: 32 Counts/2 Walls (tags and restart)
Music: Shady by Adam Lambert
Intro: 32 Counts

Heel, Step, Lock, Step, Step, Lock with pop, Step forward, ¾ chase turn R, Drag

1-2& Step forward on Heel of RF, Make a 1/8 turn R step LF to L side, Make a 1/8 turn L and lock RF behind LF
3&4 Step forward on LF, Make a 1/8 turn L and step RF to R side, Close LF next to RF and pop R knee forward (now facing 10:30)
5-6 Make a 1/8 turn R and step forward on RF, Step forward on LF,
7-8 Make a ½ turn R (weight on RF) Make a ¼ turn R and take a big step to L with LF, (now facing 9 o'clock)

Syncopated rocks, Sailor step, Behind, side, ¼ turn R, Out, Out, Toes, Heels

1&2& Rock forward on RF, Recover onto LF, Rock RF to R side, Recover onto LF
3&4 Cross RF behind LF, Step LF to L side, Step RF to R side
5&6& Cross LF behind RF, Male a ¼ turn R and step forward on RF, Step forward on LF, Step out on RF
7&8 Step out on LF, Twist both toes in, Twist both heel in (now facing 12 o'clock)
(Restart here on wall 3)

Rocking chair with hitches, Step Back drag, Hold, Ball, Step, L Mambo forward

1&2& Rock forward on RF, Recover onto LF, Rock back on RF and hitch L knee, Recover onto LF
3&4 Rock forward on RF, Recover onto LF, Take a big step back on RF
5&6 Hold, Close LF next to RF, Step forward on RF
7&8 Rock forward on LF, Recover onto RF, Close LF next to RF

Walk R, ¼ turn L, Sailor step R, Sailor step L with ¼ turn L, Hitch, Touch, ½ turn R

1-2 Step forward on RF, Make a ¼ turn R and step LF to L side
3&4 Cross RF behind LF, Step LF to L side, Step RF to R side
5&6 Cross LF behind RF, Step RF to R side, Make a ¼ turn L and step forward on LF
&7-8 Hitch R knee, Touch RF back , Make a ½ turn R (keeping weight back on LF) (now facing 6 O'clock)

Sequence – wall 1, tag 1, wall 2, tag 2, wall 3 restart after 16, 4, tag 1, wall 5, 4 count tag 2, dance until end

Tag 1 (back walls)

Knee Pops

1-2 Step forward on RF and pop L knee, Step forward on LF and pop R knee

Tag 2 (front walls)

1-2 Step diagonally forward to R with RF, Step out L with LF
3-4 Take a big step back with RF, Close LF next to RF
(2nd Time you dance Tag 2 you only dance the first 4 counts)
5-6 Step diagonally forward to R with RF, Step out L with LF
7-8 Contract chest x2 on counts 7, 8

Hope you enjoy the dance.

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