



My Lady

Choreographed by Emily Mah

Description: 32 count, 4 wall, intermediate line dance

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

Start dancing on lyrics

INTRO (DANCED ONCE)

RIGHT SIDE ROCK, RECOVER, TRIPLE STEP, LEFT SIDE ROCK, RECOVER, TRIPLE STEP

- 1-2 Rock right side, recover to left
- 3&4 Triple in place right-left-right
- 5-6 Rock left side, recover to right
- 7&8 Triple in place left-right-left

STEP, TURN ½ LEFT, RIGHT SHUFFLE FORWARD, STEP, TURN ½ RIGHT, LEFT SHUFFLE FORWARD

- 1-2 Step right forward, turn ½ left (weight to left)
- 3&4 Chassé forward right-left-right
- 5-6 Step left forward, turn ½ right (weight to right)
- 7&8 Chassé forward left-right-left

ROCK RIGHT FORWARD, RECOVER, TRIPLE STEP, ROCK LEFT FORWARD, RECOVER, TRIPLE STEP

- 1-2 Rock right forward, recover to left
- 3&4 Triple in place right-left-right
- 5-6 Rock left forward, recover to right
- 7&8 Triple in place left-right-left

HIP BUMP (RIGHT, LEFT, RIGHT-LEFT-RIGHT), HIP BUMP (LEFT, RIGHT, LEFT-RIGHT-LEFT)

- 1-2 Hip right, hip left
- 3&4 Hip right, hip left, hip right
- 5-6 Hip left, hip right
- 7&8 Hip left, hip right, hip left

HIP ROLL/CIRCLE

- 1-42 Hip roll to the right

THE MAIN DANCE

ROCK FORWARD, RECOVER, LOCK STEP BACK, ROCK BACK, RECOVER, LOCK STEP FORWARD

- 1-2 Rock right forward, recover to left
- 3&4 Locking chassé back right-left-right
- 5-6 Rock left back, recover to right
- 7&8 Step left, lock right behind, step left forward

CROSS ROCK, RECOVER, RIGHT CHASSE, CROSS ROCK, RECOVER, ¼ SAILOR TO LEFT

- 1-2 Cross/rock right over, recover to left
- 3&4 Chassé side right-left-right
- 5-6 Cross/rock left over, recover to right
- 7&8 Sweep sailor step turn ¼ left

STEP RIGHT TO DIAGONAL RIGHT WITH RIGHT & LEFT HIP BUMP, HIP BUMP RIGHT, LEFT, RIGHT, STEP LEFT TO DIAGONAL LEFT WITH LEFT & RIGHT HIP BUMP, HIP BUMP LEFT, RIGHT, LEFT

- 1-2 Step right to diagonal right and bump right hip and left hip
- 3&4 Hip right, hip left, hip right
- 5-6 Step left to diagonal left and bump left hip and right hip

7&8 Hip left, hip right, hip left

HIP ROLL (FIG OF 8), STOMP, HIP LIFT AND SIT

1-4 Roll right hip, left hip, right hip, left hip
5-8 Stomp right, lift right hip up and sit on right hip down

REPEAT

TAG

After 3rd wall, facing 3:00

PRISSY WALK, HOLD, RIGHT, LEFT, RIGHT, LEFT

1-2 Cross right over, hold
3-4 Cross left over, hold
5-6 Cross right over, hold
7-8 Cross left over, hold

CROSS, SIDE, BEHIND, SWEEP, BEHIND, SIDE, CROSS, SWEEP

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

STEP FORWARD, TOUCH, BACK, TOUCH, TWICE

1-2 Step right forward, touch left together
3-4 Step left back, touch right together
5-6 Step right forward, touch left together
7-8 Step left back, touch right together

RIGHT HIP DROP, SHOULDER ISOLATION RIGHT, LEFT, RIGHT, LEFT

1-2 Touch right forward (facing diagonal left), lift right hip and drop twice
3-4 Right hip drop twice
5-8 Shoulder isolation forward right-left-right-left

TAG

After 6th wall, facing 6:00

STANDING POSE, SHOULDER ROLL RIGHT, LEFT, RIGHT, LEFT

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 right-left-right-left (in sitting position)

ENDING

You will dance through 32 counts as normal and end facing 12:00 wall, pose in sitting position with right hand stretching out and left hand on left hip as the music fades out