

BE MY LADY



Choreographer: John & Freida Utzig
Music: You're a Woman by Bad Boys Blue, 118 bpm
Level: Intermediate Partner
Count: 32 count w/ 32 count intro after harmonica starts
Position: Inside Hand Hold, Face LOD, Opposite Footwork
Taught by: Skippi – 28 Oct 2014

MAN'S STEPS

1-8 L & R WALKS, L SHUFFLE, R STEP ½ & ¼ TURNS

1-2 Walk fwd L, R
3&4 Shuffle fwd L-R-L; *Release hands*
5-8 Step fwd R, turn ½ CCW on L - *away from partner*,
step R, turn ¼ CCW on L

Join double hand hold, face partner & OLOD

9-12 WEAVE R-L-R, TOUCH L

1-4 Cross R over L, step L to side, cross R behind L, touch L
Release hands

Assume closed position for East Coast Swing moves

13-24 SHUFFLE ¼ TURN 2X, ROCK, RECOVER; REPEAT

1&2 Shuffle L-R-L ¼ turn fwd or CW
3&4 Shuffle R-L-R ¼ turn fwd or CW
5-6 Rock back L, recover R
7&8 Shuffle L-R-L ¼ turn fwd or CW
9&10 Shuffle R-L-R ¼ turn fwd or CW
11-12 Rock back L, recover R

Resume double hand hold, face partner & OLOD

25-32 L WEAVE, SHUFFLE TURN ¼ & ½ CW or R

1-4 Step L to side, cross R behind, step L, cross R over L
5&6 Shuffle L-R-L ¼ turn CW or R - *away from partner*
7&8 Shuffle R-L-R ½ turn CW or R - *away from partner*

Resume inside hand hold & face LOD

LADY'S STEPS

1-8 R & L WALKS, R SHUFFLE, L STEP ½ & ¼ TURNS

1-2 Walk fwd R,L
3&4 Shuffle fwd R-L-R; *Release hands*
5-8 Step fwd L, turn ½ CW on R - *away from partner*,
step L, turn ¼ CW on R

Join double hand hold, face partner & ILOD

9-12 WEAVE L-R-L, TOUCH R

1-4 Cross L behind R, step R to side, cross L over R, touch R
Release hands

Assume closed position for East Coast Swing moves

13-24 SHUFFLE ¼ TURN 2X, ROCK, RECOVER; REPEAT

1&2 Shuffle R-L-R ¼ turn back or CW
3&4 Shuffle L-R-L ¼ turn back or CW
5-6 Rock back R, recover L
7&8 Shuffle R-L-R ¼ turn back or CW
9&10 Shuffle L-R-L ¼ turn back or CW
11-12 Rock back R, recover L

Resume double hand hold, face partner & ILOD

25-32 R WEAVE, SHUFFLE TURN ¼ & ½ CCW or L

1-4 Step R to side, cross L behind, step R, cross L over R
5&6 Shuffle R-L-R ¼ turn CCW or L - *away from partner*
7&8 Shuffle L-R-L ½ turn CCW or L - *away from partner*

Resume inside hand hold & face LOD