

# My Lady Soul

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**Count:** 32

**Wall:** 4

**Level:** Improver

**Choreographer:** Karl-Harry Winson (UK) - January 2009

**Music:** Lady Soul - The Temptations

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**Intro: 64 Count intro, 114 BPM, Start on main Vocals, Album: Discoveries, also available on iTunes**

**Step Lock. Step Lock-Step. Forward rock. Shuffle 1/2 Turn.**

1-2 Step forward on the Left. Lock Right behind Left.  
3&4 Step forward on the Left. Lock Right behind Left. Step forward on the Left.  
5-6 Rock forward on the Right. Recover weight back on the Left.  
7&8 Shuffle 1/2 Turn Right stepping: Right, Left, Right.

**Cross-Back. Hips Sway x2. Cross Rock. Hip Sway x2**

1-2 Cross Left over the Right. Step back on the Right.  
3-4 Step Left to Left side and sway hips Left. Sway hips Right.  
5-6 Cross rock Left over Right. Recover weight back onto the Right.  
7-8 Step Left to Left side and sway hips Left. Sway hips Right.

**Cross Rock. Left Chasse. Cross rock. Right Shuffle 1/4 Turn.**

1-2 Cross rock Left over Right. Recover weight back on the Right.  
3&4 Step Left to Left side. Close Right beside Left. Step Left to Left side.  
5-6 Cross rock Right over Left. Recover weight back onto the Left.  
7&8 Step Right to Right side. Close Left next to Right. Make 1/4 Right stepping forward on Right

**\*Restart here on during wall 5 facing 9 O'clock**

**Step. Pivot 1/2 Turn. Shuffle 1/2 Turn. Back Rock. Right Kickball-Touch.**

1-2 Step Left forward. Pivot 1/2 turn Right.  
3&4 Shuffle 1/2 Turn Right stepping: Left, Right, Left.  
5-6 Rock back on the Right. Recover weight forward on the Left.  
7&8 Kick Right foot forward. Step Right next to Left. Touch Left toe next to Right.

**Start Again!**

**\*Restart: On wall 5, after section 3 restart the dance again. You will be facing 9 O'clock.**

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