

# Shady

**Count:** 32

**Wall:** 2

**Level:** Intermediate

**Choreographer:** Darren Bailey (UK), Fred Whitehouse (IRE) & Amy Glass (USA) - December 2016

**Music:** Shady by Adam Lambert

## Intro: 32 Counts

**Pattern:** 32, Tag1, 32, Tag 2, 16 Restart, 32, Tag 1, 32, Tag 2 Only ½, 32, 32, 32

### 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, Make 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 R, 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
- 8&7-8 Hitch R knee, Touch RF back, Make a ½ turn R (keeping weight back on LF) (now facing 6 O'clock)

### 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. Live to Love; Dance to Express.**

**Last Update – 11th Sept 2017**