

# The Lady & Me

Evelyn  
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Choreographer, Evelyn Khinoo

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Description: 2 walls, 64 counts

Difficulty: Intermediate

Music: "The Cowboy And The Lady," by John Denver; CD: "Greatest Country Hits" 130 bpm

Prepared by: Evelyn Khinoo

(Note: The rhythm for this dance is rumba)

**A. ROCK R; ROCK L; TOUCH; HOLD; BALL FORWARD; ¼ R TURN; POINT L; HOLD**

1-4 Rock R to R side; rock onto L at center; drag R toward L and touch R next to L; hold  
&5-8 Step R next to L (&); step L forward; step R into ¼ R turn; point L to L side; hold

**B. CROSS; SIDE; CROSS; HOLD; SIDE; TOGETHER; SIDE; HOLD**

1-4 Cross L in front of R; step R slightly to R keeping R back from L; cross L in front of R; hold  
5-6 Step R to R side; step L next to R  
7-8 Step R to R side; hold

**C. ROCK L; ROCK R; TOUCH; HOLD; BALL FORWARD; ¼ L TURN; POINT R; HOLD**

1-4 Rock L to L side; rock onto R at center; drag L toward R and touch L next to R; hold  
&5-8 Step L next to R (&); step R forward; step L into ¼ L; point R to R side; hold

**D. CROSS; SIDE; CROSS; HOLD; SIDE; TOGETHER; SIDE; HOLD**

1-4 Cross R in front of L; step L slightly to L keeping L back from R; cross R in front of L; hold  
5-6 Step L to L side; step R next to L  
7-8 Step L to L side; hold

*Option:* There is a break in the music in section D during the 4<sup>th</sup> and 6<sup>th</sup> rounds of the dance. For counts 5-8 above, you may do the following: Count 5, step L to L side; hold for counts 6, 7, 8, then begin section E. (You'll hear the words: "...that rainy night in Tennessee." Start the option steps after the word Tennessee.) Also on count 5, cross arms briefly in front then bring arms out to either side and raise up.

**E. FORWARD R; TOGETHER; FORWARD; HOLD; BACK L; TOGETHER; BACK; HOOK INTO ¼ TURN R**

1-4 Step R forward; step L together with R; step R forward; hold  
5-8 Step L backward; step R together with L; step L backward; hook R in front of L into ¼ turn R

**F. STRIDE FORWARD R; HOLD; STRIDE FORWARD L; HOLD; WALK FORWARD R, L, R; HOLD**

1-2 Long step forward on R; hold (*count 1: sweep R arm forward & slightly out to R side at waist high, palm up*)  
3-4 Long step forward on L; hold (*R arm still extended forward slightly out to R*)  
5-8 Walk forward R; walk forward L; walk forward R; hold

**G. BACK L; HOLD; BACK R; HOLD; ¼ L TURN; R TOGETHER; ¼ L TURN; BRUSH INTO ¼ L TURN**

1-2 Long step backward on L; drag R toward L (*weight L; repeat arm movement above except with L*)  
3-4 Long step backward on R; drag L toward R  
5-6 On ball of R pivot ¼ L and step L to L side; step R next to L  
7-8 Step L forward into ¼ L; brush R forward into ¼ L (¾ L turn altogether in this section)

**H. SIDE R; CROSS; SIDE R; HOLD; BACK L; CROSS; SIDE L; HOLD**

1-4 Step R to R side slightly back from L; cross L in front of R; step R to R side; hold  
5-8 Step L back; cross R in front of L; step L to L side; hold

**Easy tag only once, "7" counts:** After the 5<sup>th</sup> time through the dance (after H) add: hold 3 counts, then step R to R; touch L next to R; step L, touch R. Start the dance over. **Hint:** Count the tag as: 2,3,4,5,6,7,8. Here's the pattern from counts 5-8 under H: back L (5); cross (6); side (7); hold (8); then count 2, 3, 4 (holds); 5--step side R; 6--touch; 7--step L; 8--touch. (You may add finger snaps if you wish.)

START OVER

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