

SHE'S NO LADY

Choreographers: George & Pamela Hurd, 2021 N. Caribou Rd., Gilmer, TX 75644 Phone: 602-321-2078
Rhythm: WCS Speed: 45 RPM Album: PONTIAC, Track 6, "She's No Lady" by "Lyle Lovett" Time: 3:17
Download on Internet: Walmart Music Downloads for .88 cents & various other sites Release Date: July 2006
Sequence: INTRO ABC-B(1-8)-A Mod(1-8)-END Footwork: Opp for Woman (except where noted) Phase: VI
Website: <http://members.aol.com/gphurd/index/html> E-mail: gphurd@aol.com

INTRO

- 1/2** WAIT,,
1/2 (Wait) In Tandem pos fcg LOD w/R hnds jnd M in front both w/lead ft free & L hnd on L hip wait approx 2 bts., (Dance starts on the word "Mama")

PART A

- 1-4** OVERTUCK & SPIN;,, WHIP TRN (SCAR) WALK 4 & ANCHOR STEP to FC;,,:
1-4 (Overtuck & Spin) Fwd L, rec R, cl L to R/ in plc R catching bk of W's L shldr w/M's L hnd, fwd L stopping W's LF trn now in tand LOD; Anchor in plc R/L, R to LOP/LOD (W fwd R, fwd L, swvlg ½ LF bk R/swvlg ½ LF fwd L, fwd R to tand LOD M's L hnd on W's L shldr stops LF turn; Swvlg RF bk L/swvlg RF fwd R, swvlg RF bk L to fc ptr w/ld hnds jnd),
(Whip Trn/Scar Wk 4 & Anchor to Fc) Bk L, sd & fwd R trng RF ¼ ; Cont RF trn sd L/rec R completing ¼ trn, sd & fwd L to CP/RLOD, Swvl ½ RF on L step fwd R to Loose SCAR pos fcg LOD, fwd L; Fwd R, fwd L, Anchor in plc R/L, R leading the W bk to LOP/LOD (W fwd R, fwd L trng ½ RF; Bk R/cl L to R, fwd R to CP/LOD, Swvlng ½ RF on R step bk L to SCAR pos, bk R; Bk L, bk R, anchor in plc L/R, L to fc ptr w/ld hnds jnd);
- 5-8** UNDERARM TURN;,, LEFT SIDE PASS;,, KICK/BALL CROSS & UNWIND to FC;
5-7 (U/A Arm Trn) Bk L, sd & fwd R trng RF ¼ raise ld hds, cont RF trn sd L/rec R completing ¼ trn, sd & fwd L (W fwd R, fwd L, sd & fwd R trng LF/XLIF of R, bk R completing ½ LF trn); Anchor in plc R/L, R to LOP/RLOD,
(L Sd Pass) Trng LF ¼ sd L, cont ¼ LF trn sd & bk R: Cl L to R/in plc R, fwd L (W fwd R, fwd L; Sd & fwd R trng LF/XLIF of R, bk R completing ½ LF trn), Anchor in plc R/L, R;
8 (K/B Cross & Unwind to Fc) Kick L ft fwd/cl L to R ball of ft, XRIF of L, unwind LF (W RF) on heel of R and ball of L (W heel of L and ball of R) to end fcg ptr in LOP/LOD,-;
- 9-11** TUCK & SPIN;,, UNDERARM TURN/M HOOK TURN TANDEM;,,:
9-11 (Tuck & Spin) Bk L, bk R, tap fwd L slight LF body trn raising L hnd twds M's L shldr, rec L leading W to free spin RF (W Fwd R, fwd L, tap R beside L w/R sd compressing to M's L sd, trng RF fwd R pushing off M's L hnd to spin RF 1full trn to fc ptr); Anchor in plc R/L, R,
(U/A Trn/M Hook Trn Tand) Bk L, sd & fwd R trng RF ¼ raise ld hds; Cont RF trn sd L/rec R completing ¼ trn, sd & fwd L (W fwd R, fwd L; Sd & fwd R trng LF/XLIF of R, bk R comp ½ LF trn), M trng RF XRIB of L/sd L joining R hnds bhnd bk, XRIF of L completing ½ RF trn (W anchor in plc join L/R, L join R hnds) to Tand pos LOD w/M in front w/R hnds jnd;
- 12-16** RIGHT SIDE PASS w/TUCK & SPIN;,, SUGAR PUSH;,, LEFT CIRCLE PASS;,,:
12-14 (R Sd Pass w/Tuck & Spin) Fwd L, rec R, tap L fwd tucking W in LF twds ptr, fwd L leading W to spin RF releasing jnd hnds (W fwd R, fwd L, swvlng LF ½ tap R next to L, bk R spin RF one full trn); Anchor in plc R/L, R to LOP/LOD,
(Sugar Push) Bk L, bk R; Tap L fwd touch trng hnd, fwd L leading W bk (W Fwd R, fwd L; tap R bhnd L, bk R), Anchor in plc R/L, R;
15-16 (Left Cir Pass) In LOP/LOD M XLIB of R join trng hnds, sd & fwd R leading W fwd to M's L sd, raisng jnd ld hnds over M's head sd L/cl R, sd L twds COH passing undr jnd ld hnds (W fwd R, fwd L twds M's L sd, trng ½ to fc LOD sd R bhnd M/XLIB of R, sd & fwd R) to end in M's wrapped pos both fcg LOD w/W slightly bhnd & to M's R sd w/ld hnds acrs M's body and trng hnds at M's L hip; Release trng hnds bk R leading W fwd, rec L raising jnd ld hnds to lead the W to trn LF, cont leading W to trn LF under jnd ld hnds anchor stp R/L, R (W fwd L comm trng LF 1 ½, small stp bk R cont trng LF, stp almost in pls L/R, L cont trng LF undr jnd ld hnds to fc M) end in LOP Fcg pos M fcg LOD;

PART B

- 1-4 **BK 2 & QUICK SIDE BREAKS (2X);; DOUBLE RESIST & KICK/BALL CHANGE;;**
- 1-2 (Bk 2 & Qk Sd Brks) Blending to low bfly bk L, bk R, sd L/sd R (out out), ½ cl L to R/cl R to L (in in); Repeat measure maintaining low bfly throughout;
- 3-4 (Dbl Resist K/B Chg) In low bfly bk L, cl R to L heel to instep, tap L fwd w/wgt well into R hip lean into ptr, cl L to R (W fwd R, fwd L, kick R fwd lean into M kick past M & acrs your body to reach M's R arm if possible, sltly bk R); Tap R bk lean away from ptr, cl R to L lean into ptr (W leans away from ptr kicking L ft bk, cl L to R lean into ptr), (K/B Chg) kick fwd L/cl L to R ball of ft, chg wgt bk to R ft (W kick fwd R/cl R to L ball of ft, chg wgt bk to L ft) still in low bfly;
- 5-8 **BK 2 & QUICK SIDE BREAKS (2X);; DOUBLE RESIST & KICK/BALL CHANGE;;**
- 5-6 (Bk 2 & Qk Sd Brks) Repeat meas 1-2 of PART B;;
- 7-8 (Dbl Resist & K/B Chg) Repeat meas 3-4 of PART B;;
- 9-16 **SURPRISE WHIP;; UNDER ARM TURN to TRIPLE TRAVELER & ROLL;;,; SUGAR PUSH;;**
- 9-10 (Surprise Whip) Blend to LOP Bk L, sd & fwd R trng RF ¼, cont RF trn sd L/rec R completing ¼ trn, sd & fwd L to CP/RLOD (W fwd R, fwd L trng ½ RF, bk R/cl L to R, fwd R to CP/LOD); Leading W to trn RF fwd R flexing knee w/chkg action, rec L raising ld hnds to leading W to trn RF (W trng RF ½ on R ft step bk L twds LOD flexing knee, rec R passing under jnd ld hnds trng RF ½), anchor in plc R/L, R to LOP/RLOD;
- 11-16 (U/A Trn to Trpl Trvlr & Roll) ; Bk L, fwd R trng RF ¼, sd & fwd L to Fc LOD/cl R, fwd L trng LF to Fc COH w/R hnds jnd palm to palm (W fwd R, fwd L, fwd R/L R twds LOD passing M on COH sd under joined ld hnds trn LF ¾ on last step to Fc Wall); Sd R/cl L sd & fwd R comm ¼ RF trn fwd L cont RF trn ¾, fwd R cont RF trn ½ making a total of 1 ½ RF trn to a L hnd star; Sd L/cl R, sd trng LF ½ to R hnd star, sd R/cl L, sd R trng RF ½ to L hnd star; Sd L/cl R, sd & fwd L comm ¼ LF trn, sd R roll LF, sd L cont LFroll making a total of 1 ¼ LF trn to fc ptr join ld hnds; Anchor in plc R/L, R to LOP/LOD,
(Sugar Push) Repeat last ½ of meas 13 & meas 14 of PART A;;

PART C

- 1-5 **CHEERLEADERS (4);; TUCK & SPIN ENDING; TUMMY WHIP;;**
- 1-2 (Cheerleaders) No hnds jnd XLIF of R/sd R, slightly trng LF tap L heel sd & fwd/rec L, XRIF of L/sd L, slightly trng RF tap R heel sd & fwd/rec R; Repeat measure;
{Timing indicates weight changes: 1a-a3a-a; 1a-a3a-a;}
- 3 (Tuck & Spin) Tch lead hnds palm to palm tap L beside R slight LF body trn, rec L leading W to free spin RF (W tap R beside L w/R sd compressing to M's L sd, trng RF stp fwd R pushing off M's L hnd to spin RF 1 full trn to fc ptr) anchor in plc R/L, R to LOP/LOD;
- 4-5 (Tummy Whip) Bk L, sd & fwd R twds W's R sd trng RF ¼, sd L cont RF trn ¼ placing R hnd on W's R hip bone/rec R completing RF trn ½, sd & fwd L (W Fwd R, fwd L, fwd R/cl L, bk R); XRIF of L trng RF ½ leading W bk, fwd L (W bk L, bk R), anchor in plc R/L, R;
- 6-8 **U/A TURN/M HOOK TURN TANDEM;;, RIGHT SIDE PASS w/TUCK & SPIN (SHK HNDS);;**
- 6-8 (U/A Trn/M Hook Trn Tand) Repeat last ½ of meas 10 & meas 11 of PART A;;,
(R Sd Pass w/Tuck & Spin) Repeat meas 12 & first ½ of meas 13 of PART A except join R hnds to end in a hnd shk pos M fcg ptr & LOD;;
- 9-11 **BK 2 VARSOUVIENNE & TRIPLE w/TUCK; Lady SWIVEL WK 6 & FREE SPIN TO FC;;**
- 9 (Bk to Vars & Trpl w/Tuck) With R hnds jnd bk L, small bk R leading W to trn LF joining L hnds to VARS LOD, bk L/cl R to L, fwd L trng upper body slightly LF to tuck W (W Fwd R comm trng LF, fwd L comm trn LF to fc LOD, bk R, cl L to R, fwd R tuck slightly LF twds M);
- 10-11 (Lady Swvl Wk 6 w/Free Spin to Fc) M steps fwd R swvl W RF, fwd L swvl W LF, fwd R swvl W RF, fwd L swvl W LF; M steps fwd R swvl W RF, fwd L swvl W LF, anchor in plc R/L, R (W swvlng RF fwd L, swvlng LF fwd R, comm RF spin 1 ½ L/R, L to fc ptr) to LOP/LOD;
- 12-14 **BK to SUGAR TOE HEEL CROSSES;; TUCK & SPIN ENDING (SHK HNDS);;**
- 12-13 (Sugar Toe Heel Crosses) Bk L, bk R join both hnds, swvlng RF on R tch L toe to R in step, swvlng LF on R tch heel L ft out to sd; Swvl RF on R ft to XLIF of R, swvlng LF on L ft tch toe of R to instep of L, swvlng RF on L ft tch heel of R ft out to the sd, swvlng LF on L ft to XRIF of L;
- 14 (Tuck & Spin End) Repeat meas 3 of PART C join R hnds to end in hnd shk pos M fcg LOD;

PART C (CONTINUED)**15-16 WHIP w/LADIES NECK WRAP (Opt SPIN ENDING);;**

15-16 (Whip w/Ladies Neck Wrap Opt Spin End) In hnd shk pos bk L, sd & fwd R trng RF ¼ , cont RF trn sd L/rec R completing ¼ trn, sd & fwd L allowing jnd R hnds to wrap loosely behind W's neck near her R shldr (W fwd R, fwd L trng ½ LF, bk R/cl L to R, fwd R to fc ptr R hnds joined finger tip to finger tip her palm up in front of her R shldr); XRIB of L trng RF, fwd L rolling W out RF release R hnds, anchor in plc R/L, R (W rolls RF off M's R arm bk L trng RF, fwd R trng RF to fc ptr,* anchor L/R, L to fc ptr) join ld hnds to LOP/LOD;
{*W's Option Spin End: cont to spin RF making 1 additional trn L/R, L to fc ptr}

REPEAT B (1-8)

1-4 BK 2 & QUICK SIDE BREAKS (2X);; DOUBLE RESIST & KICK/BALL CHANGE;;

5-8 BK 2 & QUICK SIDE BREAKS (2X);; DOUBLE RESIST & KICK/BALL CHANGE;;

REPEAT A Mod (1-8)

1-4 TUCK & SPIN;;, WHIP TRN (SCAR) WALK 4 & ANCHOR STEP to FC;;;

1 ½ (Tuck & Spin) Repeat meas 9 and last ½ of meas 10 of PART A to end LOP/LOD;;,

5-8 UNDERARM TURN;;, LEFT SIDE PASS;;, KICK/BALL CROSS & UNWIND to FC;

END

1-4 CHKN WKS (2 SLOS, 4 QKS);; WHIP w/INSD U/A TRN TO LOP/WALL w/a SLO/LUNGE APT;;

1-2 (Chicken Wks) In LOP M Fcg LOD bk L,-, bk R,- (W swvl RF stp fwd R,-, swvl LF stp fwd L,-); Bk L, R, L, R (W swvl RF stp fwd R, swvl LF stp fwd L, swvl RF stp fwd R, swvl LF stp fwd L);

3-4 (Whip w/Insd U/A Trn to LUNGE APT) Bk L, sd & fwd R trng RF ¼ , cont RF trn sd L/rec R completing ¼ trn, sd & fwd L to CP/RLOD (W fwd R, fwd L trng ½ RF, bk R/cl L to R, fwd R to CP); Cont RF trn XRIB of L lifting ld hnds, stp sd L leading W to trn LF to end fcg LOD, XRIB of L trng RF/small sd & fwd L cont trng to fc wall, lunge sd R (W fwd L start LF trn under jnd ld hnds, fwd R cont trng ½ to fc RLOD, XLIB of R trng LF, small sd & fwd R cont trng to fc wall, lunge sd L) to LOP both Fcg Wall lead hnds jnd low and trlng hnds up & out palm out;
{Note: Lunge apt is on the 1st of 3 sets of horns in the music}

5-8 -,-QK ROLL ACRS TO LUNGE; WRAP TO PREP; SAME FOOT LUNGE & HOLD;;

5 (Qk Roll Acrs to Lunge) Hold the lunge an additional 2 beats,-, roll LF L/R, L (W roll RF in front of M R/L, R) to lunge apt trlng hnds now jnd low and lead hnds up & out palm out;
{Note: Lunge apt is on the 2nd set of horns in the music}

6 (Wrap To Prep) Maintaining M's R and W's L hnd jnd rec sd R, cl L to R, tch R to fc wall (W wraps into M's R arm rolling LF fwd L/R, cl L to R now fcg almost LOD in wrapped pos) join lead hnds low in front on W's body to a wrapped prep pos,-;

7-8 (Sm Ft Lunge & Hold) Lowering into the L knee step sd & slightly fwd R (W XRIB well underneath body) cont to look at ptr as music fades still in wrapped pos;;
{Note: Sm ft lunge is on the 3rd set of horns in the music}