

# Shady

**Count:** 32      **Wall:** 2      **Level:** Intermediate  
**Choreographer:** Darren Bailey, Fred Whitehouse, Amy Glass – Dec 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  
&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 – 20th Dec 2016**