



Approved by:



# My Lady Soul

## 4 WALL - 32 COUNTS - IMPROVER

STEPS	ACTUAL FOOTWORK	CALLING SUGGESTION	DIRECTION
<b>Section 1</b>	<b>Step, Lock, Step Lock Step, Forward Rock, Shuffle 1/2 Turn</b>		
1 - 2	Step left forward. Lock right behind left.	Left Lock	Forward
3 & 4	Step left forward. Lock right behind left. Step left forward.	Left Lock Left	
5 - 6	Rock right forward. Recover onto left.	Forward Rock	On the spot
7 & 8	Shuffle turn 1/2 turn right, stepping - right, left, right.	Shuffle Turn	Turning right
<b>Section 2</b>	<b>Cross, Back, Step Sways, Cross Rock, Step Sways</b>		
1 - 2	Cross left over right. Step right back.	Cross Back	Back
3 - 4	Step left to left side and sway left. Sway right.	Step Sways	On the spot
5 - 6	Cross rock left over right. Recover onto right.	Cross Rock	
7 - 8	Step left to left side and sway left. Sway right.	Step Sways	
<b>Section 3</b>	<b>Cross Rock, Chasse, Cross Rock, Chasse 1/4 Turn</b>		
1 - 2	Cross rock left over right. Recover onto right.	Cross Rock	On the spot
3 & 4	Step left to left side. Close right beside left. Step left to left side.	Side Close Side	Left
5 - 6	Cross rock right over left. Recover onto left.	Cross Rock	On the spot
7 & 8	Step right to side. Close left beside right. Turn 1/4 right stepping right forward.	Side Close Turn	Turning right
<b>Restart</b>	<b>Wall 5:</b> restart dance again from beginning at this point.		
<b>Section 4</b>	<b>Step, Pivot 1/2 Turn, Shuffle 1/2 Turn, Back Rock, Kick Ball Touch</b>		
1 - 2	Step left forward. Pivot 1/2 turn right.	Step Turn	Turning right
3 & 4	Shuffle turn 1/2 turn right, stepping - left, right, left.	Shuffle Turn	
5 - 6	Rock back on right. Recover forward onto left.	Back Rock	On the spot
7 & 8	Kick right forward. Step right beside left. Touch left beside right. (9:00)	Kick Ball Touch	

**Choreographed by:** Karl-Harry Winson (UK) January 2009

**Choreographed to:** 'Lady Soul' by The Temptations (114 bpm)  
 from CD The Temptations: Discoveries;  
 also available as download from iTunes or  
 amazon.co.uk (64 count intro - start on vocals)



A video clip of this dance is available at  
[www.linedancermagazine.com](http://www.linedancermagazine.com)