

Official WCDF competition dance description 2010

Three Times A Lady

Raymond Sarlemijn, Darren Bailey, Lana Williams

Type : ABC, Rise & Fall (Waltz) page 1
 Level : Risingstar, Megastar, Jewel, Regal
 Music : "Three Times A Lady" by Kenny Rogers Special edit
 Sequence : Intro, A,B,B,C,B,Outro (I 6 counts, A 51 counts, B 24 counts, C 45 counts, Outro 6 counts)

INTRO

HOLD, STEP, DRAG, TOUCH TOGETHER

1-3 Hold
 4 LF Step side left
 5 RF Drag
 6 RF Touch next to LF

PART A

¼ TURN R, STEP FORWARD, ¾ PIROUETTE R, CROSS OVER, FULL TURN R, RONDE DE L'AIR, CROSS BEHIND, 2 7/8 SPIN TURN R

1 RF ¼ Turn R, step forward (3.00)
 2 RF ¾ Turn R, hitch left knee (12.00)
 3 LF Cross in front of RF
 & & Full turn R
 4 RF Rondé de l'air, cross behind LF, start turning R
 5,6 Complete 2 7/8 turn R (10:30)

STEP FORWARD, LOCK STEP WITH 2X ¼ TURN R, ½ TURN R, ROCK, 7/8 TURN L, STEP

7 RF Step forward
 8 LF ¼ Turn R, step side left (1.30)
 & RF Cross behind LF
 9 LF ¼ Turn R, step back (4.30)
 10 RF ½ Turn R, step forward (10.30)
 11 RF 7/8 Turn L (12.00)
 12 LF Step forward

1/8 TURN L, STEP BACK, ½ HEEL TURN L, ¼ TURN L & STEP SIDE, ¼ TURN L & CROSS OVER, STEP BACK, CHASSE ½ TURN L

13 RF 1/8 Turn L, step back (10.30)
 14 BF Drag LF together + ½ turn L on heels (4.30)
 & RF ¼ Turn L, step side right (1.30)
 15 LF ¼ Turn L, cross in front of RF (10.30)
 16 RF Step back
 17 LF ¼ Turn L, step side left (7.30)
 & RF Step next to LF
 18 LF ¼ Turn L, step forward (4.30)

STEP FORWARD, 1 5/8 TURN R WITH SWEEP, CHECK, STEP L

19 RF Step forward
 20,21 LF 1 5/8 Turn R, sweep (12:00)
 22 LF Cross in front of RF
 23 RF Recover
 24 LF Step side left

1/8 TURN L, STEP FORWARD, 1/8 TURN R, SIDE, BEHIND, CROSS OVER, SIDE, BEHIND

25 RF 1/8 Turn L, step forward (10.30)
 26 LF 1/8 Turn R, step side left (12.00)
 27 RF Cross behind LF
 28 LF Cross in front of RF
 29 RF Step side right
 30 LF Cross behind RF

¼ TURN R, CHAINE ¾ TURN R, EXTENDED LINE, ¼ TURN L, 7/8 TURN L WITH SWEEP

& RF ¼ Turn R, step forward (3.00)
 31 LF Step next to RF, ¾ turn R (12.00)
 32 RF Step side right
 33 Turn upper body R
 34 LF ¼ Turn L, step forward (9.00)
 35,36 RF 7/8 Turn L, sweep (10.30)

WEAVE WITH 5/8 TURN L, STEP BACK, CHASSE WITH 3/8 TURN L

37 RF Cross in front of LF
 38 LF Step side left
 & RF Cross behind LF
 39 LF ¼ Turn L, step forward (9.00)
 & LF 3/8 Turn L (4:30)
 40 RF Step back
 41 LF 3/8 Turn left, step side left (12.00)
 & RF Step next to LF
 42 LF Step forward

FULL TURN R, RONDE DE L'AIR, 2 1/8 TURN R, TWINKLE BACK

43 LF Full turn R (12.00)
 & RF Ronde l'air
 44& RF Step next to LF, start turning R
 45& Complete 2 1/8 turn right, ending weight on LF (1:30)
 46 RF Step back
 47 LF 1/8 Turn L, step side left (12.00)
 48 RF 1/8 Turn L, step back (10.30)

STEP BACK, WEAVE WITH 5/8 TURN R, 1/2 TURN R

1 LF Step back
 2 RF 3/8 Turn R, step forward (3.00)
 & LF ¼ Turn R, step side left (6.00)
 3 RF Cross behind LF
 & LF ½ Turn R, cross behind RF (12.00)

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PART B

1/8 TURN R, CHECK, COLLECT WITH 3/8 TURN L, STEP 3X, 2 1/4 TURN L

1 RF 1/8 Turn R, step forward (1.30)
 2 LF Recover
 & RF 1/8 Turn L, collect (12.00)
 3 RF 1/4 Turn L, step back (9:00)
 & LF Step forward
 4 RF Step forward
 & 1/2 Turn L, keep LF forward (3.00)
 5 LF Full turn L, keep LF forward (3.00)
 6 LF 3/4 Turn L, bring LF side left (6:00)

FLICK, HIGH KICK, STEP FORWARD, STEP SIDE, CROSS BEHIND, CROSS OVER, CHECK, 1 1/2 TURN R

& LF 1/4 Turn L, flick (3.00)
 7 LF High kick forward
 8 LF Step forward
 & RF 1/4 Turn L, step side right (12.00)
 9 LF 1/4 Turn L, cross behind (9.00)
 & RF 1/8 Turn L, cross in front of LF (4.30)
 10 LF 1/8 Turn L, step forward (3.00)
 11,12 1 1/2 Turn R, keep RF forward (9:00)

STEP FORWARD, 1/4 TURN R, 1/4 TURN R, STEP BACK, JUMP, STEP BACK, 1/4 TURN L, FULL TURN L

13 RF Step forward
 14 LF 1/4 Turn R, step side left (12.00)
 & RF 1/4 Turn R, step back (3.00)
 15 LF Step back
 & RF Bring backwards, jump on LF & bring LF to RF, land on LF
 16 RF Step back
 17 LF 1/4 Turn L, step forward (12.00)
 18 RF Full turn L, sweep RF forward (12.00)

1/8 TURN L, SPLIT OR JAZZ SPLIT, 3/4 TURN R ON THE BEHIND, STEP FORWARD, STAND UP

19 RF 1/8 Turn L, Slide forward (10.30)
 20 RF Keep sliding, L leg is bent or straightened
 21 Sit on R half of the behind, you are allowed to have your RH on the floor
 22 LF Swing to R leg, 3/4 turn R (7.30)
 Bend L leg under R leg
 23 RF Step forward
 24 RF Straighten leg, Step on LF

Option for Regal:

KNEE ON THE FLOOR, 1/4 KNEE TURN L, STEP FORWARD, STAND UP

19 RF 1/8 Turn L, step forward (10.30)
 20 LF Bend knee, place knee on floor
 21 Hold
 22 1/4 Turn L, place R knee on the floor (7.30)
 23 LF Step forward
 24 LF Straighten leg, RF touch together

Note: From B to B, the 2nd B will not start with 1/8 turn R

PART C

TWINKLE, WEAVE WITH 5/8 TURN R

1 LF 1/8 Turn R, step forward (1.30)
 2 RF 1/8 Turn L, step side right (12.00)
 3 LF 1/8 Turn L, step forward (10.30)
 4 RF Step forward
 & LF 1/8 Turn R, step side (12.00)
 5 RF Cross behind
 & LF 1/4 Turn R, step back (3.00)
 6 RF 1/4 Turn R, step side right (6.00)

CHAINE TURN R, CHAINE TURN L

7 LF Step forward
 8 RF 1/4 Turn L, step together (3.00)
 9 LF 3/4 Turn L, step forward (6.00)
 10 RF Step forward
 11 LF 1/4 Turn R, step together (9.00)
 12 RF 3/4 Turn R, step forward (6.00)

BASIC STEP WITH 1/2 TURN L, STEPS & TURNS

13 LF Step forward
 14 RF 1/4 Turn L, step side (3.00)
 15 LF 1/4 Turn L, step forward (12.00)
 16 RF 1/8 Turn R, step forward (face 1.30)
 & LF 1/4 Turn R, step side left (4.30)
 a RF 1/4 Turn R, step back (7.30)
 17 LF Step back
 & RF 1/4 Turn R, step side right (10.30)
 a LF 1/4 Turn R, step together (1.30)
 18 RF Step forward
 & LF 1/2 Turn R, step back (7.30)
 a RF 1/2 Turn R, step forward (1.30)

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STEP, JETE ½ TURN L, STEP, 1 ½ TURN L

19 LF Step forward
& RF Lift leg forward
a LF ½ Turn L, lift leg to touch R leg (7.30)
20 LF Land on floor
21 Hold
22 LF Step back
23 RF ½ Turn L, step forward (1.30)
24 LF Full turn L, step together (1.30)

STEP, KICK, ADAGIO, RONDE JAMBE EN L'AIR, LIFT LEG

25 LF Step forward
& RF Lift forward
26 RF 5/8 Turn L, cross over (6.00)
27 ½ Turn L (12.00)
28 LF ½ Turn L, ronde jambe en l'air (6.00)
29 LF ½ Turn L, ronde jambe en l'air is going from front to back (12.00)
30 LF 1/8 Turn L, Lift backwards (10.30)

TWINKLE BACKWARDS 2X

31 LF Step back
32 RF 1/8 Turn R, step side right (12.00)
33 LF 1/8 Turn R, step back (1.30)
34 RF Step back
35 LF 1/8 Turn L, step side left (12.00)
36 RF 1/8 Turn L, step back (10.30)

STEP, ¼ TURN R, CHECK, WEAWE

37 LF Step back
38 RF Cross behind
& LF ½ Turn R, step together (6.00)
39 RF ¼ Turn R, step forward (9.00)
40 LF Step back
41 RF ¼ Turn R, step side right (12.00)
42 LF Cross over

FULL TURN, ROND DE JAMBE PAR TERRE,

FULL TURN

43 Full turn R (12.00)
44 RF Ronde jambe par terre from front to back, cross behind
45 Full turn R (12.00) weight ending on LF

OUTRO

CHECK, COLLECT WITH 3/8 TURN L,

STEP 3X, 2 ¼ TURN L

1 RF Step forward (7.30)
2 LF Recover
& RF 1/8 Turn L, collect (6.00)
3 RF ¼ Turn L, step back (3:00)
& LF Step forward
4 RF Step forward
& ½ Turn L, keep LF forward (9.00)
5 LF Full turn L, keep LF forward (9.00)
6 LF ¾ Turn L, bring LF side left (12:00)