

# No Easy Lady

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RECORD: SpPress "No Lady" (Flipside: "Dream of Me")

available from Jerry & Diana Broadwater [tchdance2@charter.net](mailto:tchdance2@charter.net) or Palomino RecordsFOOTWORK: Opposite except as noted: (*W in parentheses*) TIME: 3:05 @ 48-49 RPM

RHYTHM: West Coast Swing, Phase IV+2 (cheek-to-cheek, whip turn); easy phase V with option (hook &amp; snap/freeze); written for introductory two hour clinic teach; each section starts LOFP/LOD

SEQUENCE: A B C A D D C A ENDING

**WAIT IN LOFP LD HANDS JOINED MAN FACING PTRN & LOD 3 QUICK PU NOTES ["SHE HATES MY"]  
START CHICKEN WALKS ON THE WORD "MAMA"**

MEAS:

PART A

## **1-4 CHICKEN WALKS (2 slow 4 quick):: ROOSTER WALKS (2 slow 4 quick)::**

- 1-4 In Left Open Facing Position ld hnds joined fac ptrn & LOD bk L, -, R, - ; L, R, L, R cking (*W swvl steps fwd*); fwd L, -, R, - ; L, R, L, R cking (*W swvl steps bk*);

## **5-8 WRAPPED WHIP:: CHEEK TO CHEEK, PT::**

- 5-6 [WRAPPED WHIP QQ Q&Q QQ Q&Q] bk L join trail hands, rec fwd & sd R to lady's R sd raise lead hnds trn RF lady wrap into low trail arms, sd & fwd L trng RF/rec R trng RF, sd & fwd L pull lady bk release trail hnds; XRIBL, trn RF sd L, chasse in place R/L, R fc LOD (*W fwd R, fwd L undr lead hnds, fwd R/cl L, bk R; bk L release trail hnds, bk R, chasse in place L/R, L*);
- 7-8 [CHEEK TO CHEEK, PT QQ QQ Q&Q S] Bk L, rec R comm RF trn (*W LF*), lift L knee up cont RF trn almost bk-to-bk tch M's L hip to W's R hip, XLIF of R sharp trn LF to fc ptr; chasse in place R/L, R fc LOD, Pt L to sid, hold;

PART B

## **1-4 SUGAR PUSH, KICK/BALL CHG:: SUGAR TUCK & SPIN, KICK/BALL CHG::**

- 1-2 [SUGAR PUSH QQ QQ Q&Q] Bk L, bk R to tight bfly, tap L fwd, fwd L; chasse in place R/L, R fc LOD (*W fwd R, fwd L slght trn RF to tight bfly, tap RIBL no wght, bk R; chasse in place L/R, L*), [KICK BALL CHANGE QaQ] Kick L fwd pt toe right hip out/press ball of L to instep of R flex knees, step on R;
- 3-4 [SUGAR TUCK & SPIN QQ QQ Q&Q] Bk L, bk R to tight bfly lead hnds low, tap L fwd, fwd L raise jnd lead hnds soft pull on trail hnds; chasse in place R/L, R join right hnds fc LOD (*W fwd R, fwd L slght trn RF to tight bfly, tap RIBL no wght, trn RF under jnd lead hnds fwd R & spin RF; chasse in place L/R, L complete spin fc man*) [REPEAT KICK BALL CHANGE QaQ];

## **5-8 WRAPPED WHIP:: SIDE BREAKS SLOW; AND QUICK;**

- 5-6 [WRAPPED WHIP QQ Q&Q QQ Q&Q] bk L join trail hands, rec fwd & sd R to lady's R sd raise lead hnds trn RF lady wrap into low trail arms, sd & fwd L trng RF/rec R trng RF, sd & fwd L pull lady bk release trail hnds; XRIBL, trn RF sd L, chasse in place R/L, R fc LOD (*W fwd R, fwd L undr lead hnds, fwd R/cl L, bk R; bk L release trail hnds, bk R, chasse in place L/R, L*);
- 7-8 [SIDE BREAKS aS - aS - aQaQaQaQ] Qk sd L/sd R & hold legs strght look at ptrn, -, Qk cl L/cl R & hold,-; Qk sd L/sd R, cl L/cl R, sd L/sd R, cl L/cl R;

PART C

## **1-4 KICK/BL CHG, REV UNDRARM TRN:: LEFT SD PASS, PT::**

### **[option: LEFT SD PASS TO HOOK/SNAP FREEZE::]**

- 1-2 [KICK BALL CHANGE QaQ] Repeat as in Part B [UNDRARM TURN QQ Q&Q Q&Q] Bk L, fwd & sd R to lady's R sd trn RF raise jnd lead hnds; sd & fwd L trng RF/rec R trng RF, fwd L fc RLOD, chasse in place R/L, R (*W fwd R, fwd L slght trn LF undr jnd lead hnds; sd R/XLIFR, trn LF bk R fc LOD, chasse in place L/R, L*);
- 3-4 [LEFT SIDE PASS, PT QQ Q&Q Q&Q S] Bk L, fwd & sd R to lady's L sd trn LF, trng LF cl L/inplace R, fwd L LOD; chasse in place R/L, R fc LOD (*W fwd R, fwd L slght trn LF, sd R/XLIFR, trn LF bk R LOD; chasse in place fc RLOD L/R, L*), Pt L to sid, hold;
- [3-4 option: LEFT SIDE PASS TO HOOK & SNAP FREEZE QQ Q&Q Q&Q aS] Bk L, fwd & sd R to lady's L sd trn LF, trng LF cl L/inplace R, fwd L LOD; hook RIB of L trn RF/small sd L, small sd R almost fc RLOD, swiv LF to fc LOD/qk pt L to sd, - (*W fwd R, fwd L slght trn LF, sd R/XLIFR, trn LF bk R LOD; hook LIB of R trn LF/small sd R, small sd L almost fc LOD, swiv RF to fc RLOD/qk pt R to sd, -*);

MEAS:

**PART C, CONTINUED****5-8 START WRAPPED WHIP; WHEEL TO SLINGSHOT POS; RK TO THROWOUT, PT;;**

- 5-6 [WRAPPED WHIP HALF QQ Q&Q] bk L join trail hands, rec fwd & sd R to lady's R sd raise lead hnds trn RF lady wrap into low trail arms, sd & fwd L trng RF/rec R trng RF, sd & fwd L release trail hands to modified SCP (*W fwd R, L undr lead hnds, fwd R/cl L, bk R*); [WHEEL QQ Q&Q] Wheel fwd R, L, R/L, R to L-shaped SCP M fc Wall W fc LOD;
- 7-8 [THROWOUT QQ Q&Q Q&Q] Lunge sd L leading W back, rec R leading W fwd, chasse inplace L/R, L moving into slot to fc LOD; chasse inplace R/L, R (*W bk R, fwd L slght trn LF, sd R/XLIFR, trn LF bk R; chasse inplace L/R, L fc RLOD*) [PT] Pt L to sid, hold;

**REPEAT PART A****1-4 CHICKEN WALKS (2 slow 4 quick);; ROOSTER WALKS (2 slow 4 quick);;****5-8 WRAPPED WHIP;; CHEEK TO CHEEK, PT;;****PART D****1-6 LEFT SD PASS – SUGAR PUSH;;; REV UNDRARM TRN – SUGAR TUCK & SPIN;;;**

- 1-2/ [LEFT SIDE PASS QQ Q&Q Q&Q] Bk L, fwd & sd R to lady's L sd trn LF, trng LF cl L/inplace R, fwd L RLOD; chasse inplace R/L, R fc RLOD (*W fwd R, fwd L slght trn LF, sd R/XLIFR, trn LF bk R LOD; chasse inplace fc LOD L/R, L*),
- 1/2-3 [SUGAR PUSH QQ QQ Q&Q] Bk L, bk R to tight bfly; tap L fwd, fwd L, chasse inplace R/L, R fc LOD (*W fwd R, fwd L slght trn RF to tight bfly; tap RIBL no wght, bk R, chasse inplace L/R, L*);
- 4-5/ [REVERSE UNDERARM TURN QQ Q&Q Q&Q] Bk L, fwd & sd R to lady's R sd trn RF raise jnd lead hnds, sd & fwd L trng RF/rec R trng RF, fwd L fc RLOD; chasse inplace R/L, R fc RLOD (*W fwd R, fwd L slght trn LF undr jnd lead hnds, sd R/XLIFR, trn LF bk R fc LOD; chasse inplace L/R, L*),
- 1/5-6 [SUGAR TUCK & SPIN QQ QQ Q&Q] Bk L, bk R to tight bfly lead hnds low; tap L fwd, fwd L raise jnd lead hnds soft pull on trail hnds, chasse inplace R/L, R join right hnds fc LOD (*W fwd R, fwd L slght trn RF to tight bfly; tap RIBL no wght, trn RF under jnd lead hnds fwd R & spin RF, chasse inplace L/R, L complete spin fc man*);

**7-8 WHIP TURN;;**

- 7-8 WHIP TURN QQQ&Q QQQ&Q] Bk L, fwd & sd R to lady's R sd trn RF lady into R arm, sd & fwd L trng RF/rec R trng RF, sd & fwd L fc RLOD; XRIBL, trn RF sd L release lady fc RLOD, chasse inplace R/L, R fc LOD (*W fwd R, fwd L trn RF, bk R/cl L, fwd R betwn man's feet; fwd L trn 1/2 RF, bk R, chasse inplace L/R, L*);

**REPEAT PART D IMMEDIATELY****REPEAT PART C****1-4 KICK/BL CHG, REV UNDRARM TRN;; LEFT SD PASS, PT [or option];;****5-8 START WRAPPED WHIP; WHEEL TO SLINGSHOT POS; RK TO THROWOUT, PT;;****REPEAT PART A****1-4 CHICKEN WALKS (2 slow 4 quick);; ROOSTER WALKS (2 slow 4 quick);;****5-8 WRAPPED WHIP;; CHEEK TO CHEEK, PT;;****ENDING****1-5+ WHIP TURN;; START WRAPPED WHIP; WHEEL TO SLINGSHOT POS; RK TO THROWOUT;-**

- 1-5+ Repeat Meas 7-8 of Part D and Meas. 5-8 of Part C without slowing, adjusting timing to fit figures to strong notes in the music – pt sd will be too brief to cue

**+ W ROLL IN TO CUDDLE, LOWER & RISE TO CARESS W/ SHLDR SHIMMY**

- + Sm bk L, rec R leading W fwd (*W roll RF R,L cl R*) to M's right side into cuddle position, weight on both feet slowly lower and rise, shoulder shimmy (*W caress M's cheek with R hand*)