

Lovely Ladies

COPPER KNOB
STEPSHEETS



Count: 32

Wall: 4

Level: Intermediate

Choreographer: Mark Furnell (UK), Chris Godden (UK) & Esmeralda van de Pol (NL) - January 2026

Music: Love Mi Ladies (feat. Sean Paul) (NJ Deejay Remix) - Oryane

Intro: 32 Counts, Start at approx 17 secs

Note Start the dance with Tag 1

SEC 1 Side Rock, Ball Side, $\frac{1}{4}$ Twist, Back Rock, Ball Step, Together Hitch

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|------|--|
| 1-2 | Rock right to right, recover weight on to left |
| &3 | Step right beside left, step left to left |
| &4 | Turn $\frac{1}{4}$ right twisting both heels to left (3:00) |
| 5-6 | Rock right back, recover weight on to left |
| &7-8 | Step right beside left, step left forward, step right beside left hitching left knee |

SEC 2 Rock, $\frac{3}{4}$ Turn Sweep, Weave, Touch, $\frac{1}{2}$ Unwind

- | | |
|------|--|
| 1-2 | Rock left forward, recover weight on to right |
| &3-4 | Turn $\frac{1}{2}$ left step left forward, turn $\frac{1}{4}$ left step right to right sweeping left from front to back over 2 counts (6:00) |
| 5&6 | Step left behind right, step right to right, cross left over right |
| &7-8 | Step right to right, touch left behind right, unwind $\frac{1}{2}$ left transferring weight onto left (12:00) |

Restart Here on Wall 5, Dance tag 2 then restart

SEC 3 Modified $\frac{1}{2}$ Diamond

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|------|---|
| 1&2 | Cross right over left, step left to left, turn $\frac{1}{8}$ right step right back (1:30) |
| &3-4 | Step left beside right, step right back dragging left towards right over 2 counts |
| 5&6 | Step left back, turn $\frac{1}{8}$ right step right to right, turn $\frac{1}{8}$ right step left forward (4:30) |
| &7-8 | Step right beside left, turn $\frac{1}{8}$ right step left to left dragging right towards left over 2 counts (6:00) |

SEC 4 Back, Touch, Back, Touch, Side Drag, $\frac{1}{4}$ Sailor Cross, $\frac{1}{4}$ Ball Cross, $\frac{1}{4}$ Ball Cross

- | | |
|------|---|
| 1&2& | Step right back to right diagonal, touch left beside right, step left back to left diagonal, touch right beside left |
| 3-4 | Step right to right dragging left towards right over 2 counts |
| 5&6 | Turn $\frac{1}{4}$ left step left behind right, step right to right, cross left over right (3:00) |
| &7&8 | Turn $\frac{1}{4}$ left step right beside left, cross left over right, turn $\frac{1}{4}$ left step right beside left, cross left over right (9:00) |

Tag 1 At the start of the dance and At the end of Wall 3

Sweep, Pony, Back Sweep, Pony

- | | |
|------|--|
| 1-2 | Sweep right from front to back over 2 counts |
| 3&4& | Step right back hitching left knee, step left beside right, step right back hitching left knee, step left beside right |
| 5-6 | Step right back sweeping left from front to back over 2 counts |
| 7&8& | Step left back hitching right knee, step right beside left, step left back hitching right knee, step right beside left |

Back Sweep, Weave, Behind Sweep, Weave

- | | |
|------|--|
| 1-2 | Step left back sweeping right from front to back over 2 counts |
| 3&4& | Step right behind left, step left to left, cross right overleft, step left to left |

5-6 Step right behind left sweeping left from front to back over 2 counts
7&8& Step left behind right, step right beside left, cross left over right, step right to right

Behind Sweep, Hitch

1-2-3-4 Step left behind right sweeping right from front to back over 3 counts, hitch right

Tag 2 After 16 counts of Wall 5

Side Rock, Cross Rock

1-2 Rock right to right, recover weight on to left
3-4 Cross rock right over left, recover weight on to left
