

Lovely Ladies

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, ¼ Twist, Back Rock, Ball Step, Together Hitch

- 1-2 Rock right to right, recover weight on to left
- &3 Step right beside left, step left to left
- 4 Turn ¼ 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, ¾ Turn Sweep, Weave, Touch, ½ Unwind

- 1-2 Rock left forward, recover weight on to right
- &3-4 Turn ½ left step left forward, turn ¼ 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 ½ left transferring weight onto left (12:00)

Restart Here on Wall 5, Dance tag 2 then restart

SEC 3 Modified ½ Diamond

- 1&2 Cross right over left, step left to left, turn ⅛ 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 ⅛ right step right to right, turn ⅛ right step left forward (4:30)
- &7-8 Step right beside left, turn ⅛ right step left to left dragging right towards left over 2 counts (6:00)

SEC 4 Back, Touch, Back, Touch, Side Drag, ¼ Sailor Cross, ¼ Ball Cross, ¼ 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 ¼ left step left behind right, step right to right, cross left over right (3:00)
- &7&8 Turn ¼ left step right beside left, cross left over right, turn ¼ left step right beside left, step forward left

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

Last Update: 16 Jan 2026
