

# Three Times A Lady



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 Music: Three Times A Lady by Kenny Rogers (3:52) Speed Up 5% to 3:41  
 FootworkTiming: Opposite except where noted  
 Rhythm/Phase: Waltz Phase 6  
 Sequence: Int-A-B-Intrd-C-D-B(8-16)-END Release March 2023-Ver3

## INTRO

- 1-6 Wait 2;; Cross Pt x2 W Caress;; Slow Cross Check w/Arm Sweep: Rec Hover W LF Trn To SCP:**
- COUNT 1-2 SHDW Pos fc DRW left foot free for both wait 2 measures ;;  
 1--1-- 3-4 Cross fwd LF trn 1/4 fc DW L, point sd R, - ;  
 Cross fwd RF trn 1/4 fc DRW R, point sd L, - (W looking bk M & caress w/ R hand) ;  
 1-- 5 Comm LF upper bdy trn flexing knees with strong right sd lead check fwd L in CBMP R hand  
 extend to fwd (W R arm sweep to fwd),-,-;  
 1-3 6 Rec R, rise brush L to R trng LF, sd & fwd L (W rec R trng LF, fwd LOD trng LF 1/2 L, sd & fwd  
 (123) R ) to SCP DW;
- 7-10 Thru Hover BJO: Royal Spin: Sd Hover To SCP LOD: Thru Chasse BJO:**
- 7 Thru R, fwd rise trng L (W fwd trn rise R brush left foot to right ), rec R end in BJO DW;  
 8 Bk L sm stp start RF trn, fwd R outsd ptr cont RF trn, fwd L (W fwd R outsd ptr, ronde L CW  
 knee up, then toe pointed down) BJO DW;  
 1-3 9 Sd and fwd R, with a slight rise (W with a slight rise brush), rec on L to SCP LOD;  
 12&3 10 Thru R comm trn to fc, sd L/cl R, sd L to BJO DW;

## PART A

- 1-4 Curved Feather: Hesitation Change DC: 1 Left Trn: Rev Corte:**
- 1 Fwd R contra BJO, trng RF sd & fwd L, fwd R BJO ck DRW ;  
 12- 2 Bk L comm RF trn, sd & fwd R DC, draw L to R;  
 3 Fwd L comm to 1/4 LF trn, conti trn sd R trng to 1/4 LF, cl L fc DRW;  
 1-- 4 Bk R comm LF trn, cont LF trn on R, tch L to R (W fwd L, fwd R trng LF, cl L ) BJO DW;  
 (123)
- 5-9 Bk Whisk: Sync Whisk: Weave 6 SCP LOD:: Running Cross Chasse:**
- 5 Bk L , sd R, XLIB SCP DC;  
 1&23 6 Thru R/ swivl RF CP cl L to R, sd R, slight RF bdy trn XLIB SCP DC;  
 7-8 Thru R, fwd L comm LF trn, fwd & sd R cont RF trn (W thru L comm LF trn, sd & bk R cont LF  
 trn, sd L); XLIB cont LF trn, bk R to CP trn LF, sd & fwd L SCP LOD (W XRIF cont LF  
 trn, fwd L, fwd R SCP);  
 12&3 9 Thru R (W L) LF turn to Pick Up in CP , fwd L (W bk R) with Right Sway /sd and fwd R (W sd &  
 bk L), fwd L (W bk R) with Left Sway to BJO DW;

## PART B

- 1-4 Manuv: Running Spin: Bk Tipple Chasse Pivot: Spin Overtrn:**
- 1 Fwd R comm RF upper bdy trn, conti RF trn sd & fwd L, cl R CP RLOD;  
 12&3 2 Bk L pvtg 1/2 RF, fwd R contng 1/2 RF trn /sd L, bk R in BJO RLOD;  
 12&3 3 Comm RF upper bdy trn bk L trng RFwith Left Sway, sd R trng 3/4 RF trn /cl L, sd & slightly fwd  
 R 1/4 RF trn with Right Sway CP RLOD;  
 4 Comm RF upper bdy trn bk L toe pvtg 1/2 RF to LOD, fwd R btwn W's ft heel to toe conti 1/2 RF  
 trn keeping left leg xtnded bk & sd, comp trn sd and bk L BJO RLOD;
- 5-8 Right Trng Lock SCP DC; Fwd Chasse BJO; Quick Op Rev & Pivot DW;  
 Drag Hesitation To BJO DRC;**
- 1&23 5 Bk R trng RF/XLIF of R, trn RF to stp fwd R btwn W's ft trn RF, fwd L  
 (W fwd L / XRIB of L, sd & fwd L trn RF, fwd R ) SCP DC;  
 12&3 6 Thru R comm trn to fc, sd L/cl R, sd & fwd L to BJO;  
 12&3& 7 Fwd R, fwd L comm LF trn/sd & bk R cont trn, bk L /bk R LF pvt end in CP DW;  
 12- 8 Fwd L, fwd & sd R trng LF, draw L to R no weight contra BJO DRC, -;

**9-12 Kick & Out Sd Spin DC; Rudolph Ronde & RF Trn RLOD; Bk Trn To Rumba Cross;  
Back Hover Telemark SCP DC;**

- &23 (1&23) 9 With right Sway lead W kick / sm bk L trng RF, fwd R outsd W , sd & bk L (W kick R/ fwd R outsd M, cl L to R trng RF, fwd R) end in 1&1/4 trn CP DC;
- 123 10 Fwd R btwn W's ft to begin RF pvt action but flex R knee while keep L sd to W, rec L RF trn, sd & fwd R cont RF trn (W bk L trng RF to SCP allowing R leg to high ronde CW keeping R sd to M, XRIB RF trn pvt on the ball of R foot, sd L contng RF trn) end in CP RLOD ;
- 123& 11 Bk L trn 1/2 RF, fwd R, RF trn fwd L/ conti trn XRIB 1/2 RF trn on toes (W fwd R btwn M's feet pvtg up to 1/2 RF, bk L, Rotating upper bdy RF bk R/XLIF 1/2 RF trn on toes) CP RLOD;
- 12 Comm RF upper bdy trn bk L, conti trn sd & fwd R rising slightly hvrng with bdy trng 1/8 to 1/4 RF, fwd L sm stp on toe (W comm RF upper bdy trn fwd on R btwn M's feet pvtg 1/2 RF, sd fwd L conti RF trn rising slightly hvrng with bdy trng 1/8 to 1/4 RF, fwd R stp on toe) to SCP DC;

**13-16 Running Natural Weave;Tumble Trn; Bk trn Chasse BJO; Running Feather & Pvt Fc LOD;**

- 12&3 13 Thru R comm to trn RF to CP, sd and bk L /bk R lead W outsd ptr, bk L (W thru L comm upper bdy trn RF to CP, fwd R/fwd L outsd M, fwd R outsd M ) BJO DRW;
- 1&23 14 Bk R comm LF trn/sd & fwd L cont trng, fwd R outsd ptr in BJO to LOD with Right Sway trng LF, change to Left Sway fwd L lowering with LF pvt (W fwd L comm LF trn/sd & bk R cont trng, bk L with Left Sway, chng to Right Sway bk R pvt LF) end in CP DRW;
- 12&3 15 Bk R comm LF upper bdy trn, sd L conti trn/cl R, sd L comp trn to BJO DW;
- 1&23 16 Fwd R /fwd L with Right Sway, fwd ck and rise R to CP , sd & bk L pvt RF trn 1/2 CP LOD;

**INTERLUDE**

**1-6 Continuous Spin\* ; Runnig Natural Weave DRW; Dbl Rising Locks;  
Viennese Trns;; Change of Direction DC;**

- 1&23 1 Fwd R pvtg 1/2 RF / bk L pvtg 1/2 RF , fwd R risng and contng 1/2 RF trn , bk L lowering contng 1/2 RF trn in CP LOD ; \* 2 full turns but if it is difficult 1 full turn is all right.
- 12&3 2 Fwd R comm to trn RF , sd and bk L /bk R lead W outsd ptr, bk L (W bk L comm upper bdy trn RF to CP, fwd R/fwd L outsd M, fwd R outsd M ) total 8/3 trn to BJO DRW;
- 12&3& 3 Bk R comm to trn LF, sd and slightly fwd L LF trn/XRIB, sd & fwd L / XRIB comp 1/4 trn (W fwd L trn, sd & bk R trn/XLIF , sd & bk trn/XRIF) to CP LOD;
- 4-5 Fwd L comm LF trn, sd R cpmt LF trn, XLIF (W cl R to L) ;  
Bk R LF trn, sd L LF trn, cl R to L (W XLIF of R) CP DW;
- 12- e 6 Fwd L trng LF, sd R, draw L to R no weight CP DC;

**PART C**

**1-4 Rev Fallaway & Natural Slip (Pvt) Fc RDW; Natural Fallaway & Rev Slip (Pvt);  
Op Telemark; Promenade Lock;**

- 12&3 1 Fwd L comm trn LF, bk R / bk L in FALLAWAY Pos, strong RF slip fwd R pvt (W bk R comm trn LF, bk L/bk R in FALLAWAY POS , slip bk L RF pvt) to RDW;
- 12&3 2 Bk L trn RF, bk R/L bk in FALLAWAY Pos, strong trng LF slip bk R pvt (W fwd R trn RF, bk L/bk R, cont LF strong trn fwd L) CP DC;
- 3 Fwd L comm LF trn, sd R cont trng LF , sd and slightly fwd L SCP DW;
- 12&3 4 Thru R, leading the W to begin a LF trn sd and fwd L to CP but W's hd still op/and XRIB of left (W XLIF) trng slightly LF, fwd L (W bk R) to CP DW.

**5-8 Slow Right Lunge Extend;; Slow Roll & Slip; Change Of Direction DC;**

- 1----- 5-6 Flex left knee move sd & fwd on R to DRW with right Sway keeping W CP DRW ,-,-; xtnd bdy,-,- ;
- 1-3 7 Rec L on toe trng RF with Right Sway checking fwd motion with no stretch but sway to left, trng LF rec bk on R contng LF trn to CP DW ;
- 8 Repeat Interlude #6 ;

**9-12 Rev Fallaway & Natural Slip (Pvt) RDW; Natural Fallaway & Rev Slip (Pvt) DC;  
Op Telemark Fc LOD; Big Top DW;**

- 9-11 Repeat Part C #1-3 ;;;
- 12 Thru R comm LF spin, XLIB cont trn, slip bk R (W thru L trng LF to pickup, cont LF trn sd & bk R arnd M, brush L to R fwd L ) CP DW ;

**13-16 Hover Telemark To SCP; Continuous Hover Cross DC;;;**

- 13 Fwd L, sd & fwd R rising slightly hvring with bdy trng 1/4 RF, fwd L to SCP DW;  
14-16 Thru R trng RF, trn sd L CP RLOD, cont trng sd R (W thru L , fwd trn RF R, trn sd L); Fwd L, cl R with left Sway lead W across bdy, bk L BJO DW (W bk R, sd L, fwd R BJO); Bk R , sd & fwd L , fwd R with right Sway BJO DC (W fwd L trng LF, sd & bk R, bk L);

**PART D**

**1-4 3 Fallaway;;; Op Finish DW:**

- 1-3 Fwd L trng LF, sd R, XLIB (W bk R, sd & bk L, XRIB); Bk R trng W LF to CP RLOD, cont trn sd L, XRIB undr bdy keep rt sd to ptr (W trng LF fwd L, cont trng sd R, XLIB); Trng LF fwd L CP LOD, cont trn fc COH sd R, XLIB (W bk R, sd & bk L, XRIB);  
4 Bk R trng LF trn, sd and fwd L, fwd R outsd partner to BJO DW;

**5-8 Double Rev Spin ; Split Ronde DRC; Contra Check & Swtch; Double Ronde & Twist Ending BJO DW;**

- 12- (12&3) 5 Fwd L trng LF, sd R to CP RLOD, bring L to R cont trng LF on R to CP DW (W bk R pull L past R trng LF on R heel, cl L to R/ fwd R past M trng LF, XLIF);  
-23 (&-2&3) 6 Ronde L fwd & CCW arnd beh R, XLIB trng LF, cont LF trn slip bk R (W ronde L fwd & CCW arnd beh R, XLIB trng LF/sd R, fwd L) CP DRC;  
12&3 7 Lower keeping hips up to ptr fwd L in contra bdy mvt w/R sd leading looking twd but over W (W hd well to L), rec bk R trn 3/8 RF, rec bk L trn another 1/8 RF to CP DW;  
12&3 8 Strtng fwd R btwn W's legs pvt RF as ronde left leg CW, fwd L cont RF trn/XRIB of L cont RF trn , fwd L cont to BJO DW;

**9-12 Synco Wheel 2 meas. BJO DW;; Bk To Preparation; Same Foot Lunge Change Sway W Rec:**

- 1&2&3 & 1&2&3 9-10 Comm RF trn fwd /fwd R/ L, fwd /fwd R/ L, fwd /fwd R/ L; fwd /fwd R/ L, fwd /fwd R/ L, cl R; BJO DW (W In BJO comm RF trn fwd L/fwd R, fwd L/fwd R, fwd /fwd L/R; fwd /fwd L/R, fwd /fwd L/R, cl L ) full trun 2 to 3;  
1— (12-) 11 Bk L comm lead W trn RF, tch R, (W fwd R comm to trn RF 1/2, 1/2 RF trn cl L ) SAMEFOOT POS DW relax knee & hold ;  
1-- (1--&) 12 Sd and slightly fwd R looking right with Left Sway, change sway , - , - (W bk R well undr bdy trng bdy LF and looking well to left, change sway/rec L) ;

**13-16 Throwaway Over Sway; Change To Over Sway; Hover Exit to SCP DW; Slow Sd Lock ;**

- 1-- 13 Rec L relaxing left knee and allowing right to point sd and bk while keeping right sd in twd W and looking at her with Right Sway (W fwd R trng LF while relaxing right knee and sliding left foot bk undr bdy past the right foot to point bk meanwhile looking well to the left and keeping left sd in twd M) , - , - ;  
--- 14 Sd L relaxing left knee leaving right leg xtnded and Right Sway of bdy and looking in DRW, (W sd right relaxing right knee leaving left leg xtnded and Left Sway looking well to the left,) -,- ;  
1-3 15 Sd & fwd R , touch L to R, fwd L SCP DW;  
16 Thru R, sd & fwd L, trng bdy LF XRIB (W thru L, trng LF sd & bk R, cont trng XLIF) CP DW;

**PART B (8-16)**

**END**

**1-6 Continuous Spin: Running Natural Weave DRW: Bk to Op Hinge : Slowly W Extend both Arms;;;**

- 1-2 Repeat Interlude 1-2;;  
12- (123) 3 Bk R trn LF, sd L conti trn , lower on L relax left knee and both hands hold W's back (W fwd L trng LF, conti trn sd R , XLIB lower with no wgt on R head to left) ;  
---;---;-- 4-6 Lower & cont Sway right & look at W, (Lower & Sway left and xtnd both arms up to sd, ) - , - ; - , - , - ;  
- ; - ; - , - , - ;