

90's Ladies

Count: 32

Wand: 4

Ebene: Beginner

Choreograf/in: Susan Reynolds (USA) - August 2018

Musik: Ladies In The '90s - Lauren Alaina



Intro: 4 slow 8 counts. Start with singing.

WALK, WALK, FRONT LOCK-STEP, ROCK, RECOVER, COASTER

- 1-2 Walk R forward, Walk L forward
- 3&4 Step R forward, Step L forward and crossed behind R, Step R forward
- 5-6 Rock L forward, Recover R
- 7&8 Step L back, Step R back next to L, Step L forward

GRAPEVINE R, KICK-BALL-CHANGE 2X

- 1-2 Step R to side, Step L behind R
- 3-4 Step R to side, Step L in front across R
- 5&6 Kick R forward, Step R ball of foot slightly behind L, Step L in place
- 7&8 Kick R forward, Step R ball of foot slightly behind L, Step L in place

SIDE ROCK, BACK-SIDE-FRONT 2X

- 1-2 Rock R to R side, Recover on L
- 3&4 Step R behind L, Step L to L side, Step R in front over L
- 3-4 Rock L to L side, Recover on R
- 3&4 Step L behind R, Step R to R side, Step L in front over R

SHUFFLE FORWARD, ¼ TURN, SHUFFLE FORWARD, ½ TURN

- 1&2 Step R forward, Step L next to R, Step R forward
- 3-4 Step L as pivot 1/4 to R (weight returns to R)
- 5&6 Step L forward, Step R next to L, Step L forward
- 7-8 Step R forward as pivot ½ to L (weight returns to L)

Contact: shreynolds203@gmail.com

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