

Perky Ladies

Count: 32

Wand: 0

Ebene:

Choreograf/in: Marilynne Delurey (CAN)

Musik: Family Affair - Mary J. Blige



This one's for you Cheryl

HEEL & TOE, HEEL & TOE, HEEL & STEP, OUT, IN, OUT, STEP ½ TURN

- 1-2 Left heel forward, quickly step on left foot and touch right toe to left instep. (quickly step on right foot)
- 3-4 Left heel forward, quickly, step on left foot and touch right toe to left instep (quickly step on right foot)
- 5-6 Left heel forward, quickly step on left foot and touch right toe to left instep
- 7&8 Touch right toe back, touch right toe to left instep, step right back, while making a ½ turn right, (weight should be on right)

LOCK STEP LEFT-RIGHT-LEFT, FORWARD TRIPLE ½ TURN RIGHT, LEFT, RIGHT, LOCK STEP LEFT, RIGHT, LEFT, ROCK FORWARD LEFT, ¼ TURN LEFT

- 1&2 Step forward on left, right behind left, step forward on left
- 3&4 Step forward right, step forward left, step forward right, making a ½ turn to the left
- 5&6 Step forward on left, right behind left step forward on left
- 7&8 Rock forward on right, recover weight on left, making a ¼ turn left and bringing right toe in to left instep

STEP OUT RIGHT, SHOULDER MOVES RIGHT, LEFT, RIGHT, LEFT, BEHIND, SIDE FORWARD, POINT FORWARD AND BACK

- 1-2- Step right out to right side, at the same time move shoulders to the right, move shoulders to left side
- 3-4 Move shoulders to the right side, move shoulders to the left
- 5&6 Step right behind left, step left to left side, step right forward
- 7-8 Point left toe forward, point left toe back

TOE STRUTS MOVING FORWARD, LEFT-RIGHT-LEFT, TAP TAP STEP ½ TURN RIGHT

- 1-2 Left toe forward, drop left heel
- 3-4 Right toe forward, drop right heel
- 5-6 Left toe forward, drop left heel
- 7&8 Tap right toe forward, tap right toe beside left instep, step making a ½ turn right

REPEAT
