

Madonna

Compte: 112

Mur: 0

Niveau: Phrased Intermediate

Chorégraphe: Lily Liu (MY) - February 2011

Musique: Madonna - Secret



Sequence: C A / B / C / D A / B / C / D B1 C / C / C / Ending

Intro : After 15 counts (& 8 &) start dance .

Sequence A :

(1) (Rock , Recover , Cross) X2 , Shuffle Forward , Mambo 1/4 Turn

- 1 & 2 Rock R to right . Recover onto L . Cross R over L .
- 3 & 4 Rock L to left . Recover onto R . Cross L over R .
- 5 & 6 Step R forward . Lock L behind R . Step R forward .
- 7 & 8 Rock L forward . Recover on R . Turn 1/4 left stepping L next to R .

(2) Cross ,Weave , Mambo Backwards , Mambo Forward

- 1 2& Cross R over L . Step L to left . Cross R behind L .
- 3 & 4 Step L to left . Cross R over L . Step L to left .
- 5 & 6 Rock R back . Recover onto L . Step R beside L .
- 7 & 8 Rock L forward . Recover onto R . Step L beside R .

Sections (3) & (4) repeat sections (1) & (2)

Sequence B :

(1) Chasse Right , 1/2 Turn Chasse Left ,(Cross Rock Behind, Recover , Side)X2

- 1 & 2 Step R to right . Close L beside R . Step R to right .
- 3 & 4 Turn 1/2 left stepping L to left . Close R beside L . Step L to left .
- 5 & 6 Cross rock R behind L . Recover onto L . Step R to right .
- 7 & 8 Cross rock L behind R . recover onto R . Step L to left .

(2) Pop Knees (x4) , (Step LF Back , Step RF Back) x2

- 1 & Pop both knees forward while lift right hand forward . Straighten body upright .
- 2 & , 3 & , 4 & Repeat 1 & three more times .
- 5, 6 Step Back on L . Step back on R .
- 7, 8 Step back on L . Step back on R .

(3) (Chest Pump (twice) , Together With Shimmy Shoulder) X2

- 1, 2 Step L to left while pumping chest forward . pump chest forward again ..
- 3 & 4 Step R beside L while shimmy your shoulder right , left , right .
- 5, 6 Step L to left while pumping chest forward . pump chest forward again .
- 7 & 8 Step R beside L while shimmy your shoulder right , left , right .

** (Add tag here on Sequence B1)

(4) (Cross , Heel Jack) x2 , Touch , Unwind 1/2 Turn Left , Shimmy Shoulder

- 1&2& Cross R over L . Step back on L . Touch R heel forward . Step R next to L
- 3&4& Cross L over R . Step back on R . Touch L heel forward. Step L next to R .

(easier option : rocking chair)

- 5, 6, 7 Cross R over L Unwind 1/2 turn on 3 counts .
- & 8 & Push L shoulder forward . Push R shoulder forward . Push L shoulder forward .

Sequence C :

(1) (Double Hip Bumps) X4

- 1 & 2 Step back RF bumping right hip to backwards , forward , backwards .

- 3 & 4 Step back LF bumping left hip to backwards , forward , backwards .
- 5 & 6 Step back RF bumping right hip to backwards , forward . backwards .
- 7 & 8 Step back LF bumping left hip to backwards , forward , backwards .

(2) Rock , Hold , 1/4 Turn Right (body roll) , Hold , (Shake or Shimmy) X8

- 1, 2 Rock RF to right . Hold .
- 3, 4 Transfer weight to LF turning 1/4 right (use body roll) with toe touching forward . Hold .
- 5&6&& Body shake or shimmy R , L , R , L .
- 7&8&& Body shake or shimmy R , L , R , L .

Sections(3) & (4) repeat sections (1) & (2)

Sequence D :

(1) (Side , Touch)x2 , Forward , Touch , Backwards , Touch

- 1, 2 Step R to right . Touch L beside R .
- 3, 4 Step L to left . Touch R beside L .
- 5, 6 Step R forward . Touch L beside R .
- 7, 8 Step back on L . Touch R beside L .

(2) Side , Touch , Side , Touch , Heel Swivels, Flick 1/4 Turn Left

- 1, 2 Step R to right . Touch L beside R .
- 3, 4 Step L to left . Touch R beside L ..
- 5, 6 & Step R next to L swiveling both heels to right , left , right .
- 7, 8 Swivel both heels to left . Swivel L heel to right while flicking RF 1/4 turn left .

B1: Dance sequence B section (3) up to 24 counts , add 8 counts tag . Then continue section (4) .

Tag : Forward, Slide, Knee Pop,(Shake x3), Backwards , Slide , Knee Pop, (Shake x3)

- 1, 2 Long step forward on R. Slide L beside R while popping R knee forward.
- 3 & 4 Shake body three times (L , R , L) weight onto L .
- 5, 6 Step back on R . Slide L beside R while popping R knee forward.
- 7 & 8 Shake body three times (L , R , L) weight onto L .

Ending : Repeat body shake (5&6&&7&8&&) do one pose .
