

90's Ladies

拍数: 32 墙数: 4 级数: Beginner
编舞者: Susan Reynolds (USA) - August 2018
音乐: 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

Last Update – 11th April 2019 - R3
