

90's Ladies

拍數: 32 牆數: 4 級數: Beginner
編舞者: Susan Reynolds (USA) - December 2022
音樂: Ladies In The '90s - Lauren Alaina



Intro: 4 slow 8 counts. Start with singing.

WALK, WALK, SHUFFLE, ROCK, RECOVER, COASTER

1-2 Walk R forward, Walk L forward
3&4 Step R forward, Step L beside 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 beside 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, BEHIND-SIDE-CROSS 2X

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

SHUFFLE FORWARD, ¼ TURN, SHUFFLE FORWARD, ½ TURN

1&2 Step R forward, Step L beside 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 beside L, Step L forward
7-8 Step R forward as pivot ½ to L (weight returns to L)

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