

Lady Marmalade

COPPER **NOB**
BY STEPHEN

拍數: 0 牆數: 1 級數: Intermediate/Advanced
編舞者: Wendy Dee (CAN)
音樂: Lady Marmalade - Christina Aguilera, Pink, Mya And Lil' Kim



PART A (VERSE)

TOE DROPS MOVING TO RIGHT SIDE

1-4 Right toe, drop heel, cross left toe over right, drop heel

OUT, OUT, IN, IN, TOUCH RIGHT

5-6-7&8 Step out on right, step out on left, step in on right, step in on left, make ½ turn left touching right beside left

TOE DROPS, OUT, OUT, IN, IN, TOUCH RIGHT

9-16 Same as 1-8 above

CHASSE RIGHT, LEFT, RIGHT, FULL TURN, STEP ON RIGHT

17&18-19-20 (Moving to right side) step side right, left together with right, step side left on right again, step onto left turning full turn right, step onto right

STEP LEFT, RIGHT, TURNING FULL TURN RIGHT

21-22-23&24 (Moving to left side) step forward onto left starting full turn right, step onto right finishing full turn right, shuffle forward left, right, left

PART B ("GITCHY GITCHY...")

HIPS BUMPS FORWARD AND BACK

1&2&3&4 (Touch right foot forward) as you bump your hips forward, back, forward, back, forward, back, forward

PELVIC THRUSTS FORWARD AND BACK

5&6&7&8 Thrust hips forward(pull arms back) thrust hips back(push arms forward), thrust hips forward (pull arms back), thrust hips back (push arms forward), thrust hips forward (pull arms back), thrust hips back (push arms forward)

HIPS BUMPS FORWARD AND BACK

9&10&11&12 (Touch left foot forward) and bump hips forward, back, forward, back, forward, back, forward

PELVIC THRUSTS FORWARD AND BACK

13&14&15&16 Thrust hips forward (pulling arms back), thrust hips back(push arms forward), thrust hips forward(pulling arms back), thrust hips back, thrust hips forward (pulling arms back), thrust hips back (push arms forward)

SHUFFLE RIGHT, LEFT, RIGHT TO RIGHT, FULL TURN RIGHT, STEPPING LEFT, RIGHT

17&18-19-20 Shuffle right, left, right, to the right side, step onto left starting full turn right, step onto right finishing full turn right

SHUFFLE LEFT, RIGHT, LEFT TO LEFT, FULL TURN LEFT, STEPPING RIGHT, LEFT

21&22-23-24 Shuffle left, right, left, to the left side, step onto right starting a full turn left, step onto left finishing full turn left

BIG STEP TO RIGHT, DRAG LEFT

25-28 Step big step to right onto right foot, drag left to beside right touching it beside right

CUBAN HIPS TO LEFT WITH HOLDS AND FULL TURN LEFT

29&30&31&32& Step to left onto left foot, bring right beside left, step to left onto left foot, bring right beside left, step to left onto left, bring right beside left, step to left onto left starting full turn left, bring right to left, still making full turn to left, bring left to right finishing full turn left

PART C ("VOULEZ VOUS COUCHER")

RIGHT TOE SIDE, HITCH, SIDE, LOOK, LOOK, SHOULDERS UP, DOWN

1&2&3&4 Touch right toe to right side, hitch right knee, touch right toe to right side, look to right, look back to front, shoulders up and down

ROLL SHOULDERS BACK, POINT RIGHT FINGER UP AND DOWN

5&6 Roll both shoulders backwards, point right finger up to ceiling, and then down to floor along side of right leg

LEFT TOE SIDE, HITCH, SIDE, LOOK, LOOK, SHOULDERS UP, AND DOWN

7&8&9&10 Repeat above 1-4 on left side

ROLL SHOULDERS BACK, POINT LEFT FINGER UP AND DOWN

11&12 Repeat above 5-6

LAST SECTION

WALK FORWARD RIGHT, LEFT, RIGHT, ½ TURN LEFT

1-4 Walk forward onto right, left, right, step ½ turn left stepping onto left

POP RIGHT KNEE, LEFT KNEE, SHUFFLE RIGHT, LEFT, RIGHT, IN PLACE

5-6-7&8 Step out onto right(popping knee), step out onto left(popping knee), step in on right, left foot beside right, right foot beside left

WALK FORWARD LEFT, RIGHT, LEFT, ½ TURN RIGHT

9-10-11-12 Walk forward onto left, right, left, ½ turn right stepping onto right

POP LEFT, RIGHT KNEE, SHUFFLE LEFT, RIGHT, LEFT, IN PLACE

13-14-15&16 Step out onto left(popping knee), step out onto right(popping knee), step in on left, right foot beside left, left foot beside right

17-32 Repeat above 1-16

SHUFFLE TO RIGHT, ROCK STEP

33&34-35-36 Shuffle to the right, (right, left, right,) rock forward onto left, step back onto right

SHUFFLE TO LEFT, ROCK STEP

37&38-39-40 Shuffle to the left, (left, right, left), rock forward onto right, step back onto left

SHUFFLE TO RIGHT, FULL TURN RIGHT

41&42-43-44 Shuffle to the right, (right, left, right) step onto left starting full turn right, step onto right finishing your full turn

SHUFFLE TO LEFT, FULL TURN LEFT

45&46-47-48 Shuffle to the left (left, right, left), step forward onto right starting full turn left, step onto left finishing full turn

SHUFFLE TO RIGHT, ROCK STEP

49&50-51-52 Shuffle to the right (right, left, right) rock forward onto left, step back onto right

SHUFFLE TO LEFT, ROCK STEP

53&54-55-56 Shuffle to the left (left, right, left) rock forward onto right, step back on left

BIG STEP TO RIGHT, DRAG LEFT

57-60 Make big step to right on right foot, drag left to right touching it beside left

CUBAN HIPS TO LEFT AND FULL TURNING LEFT

&61 Step to left left, right

&62 Step to left left, right

&63 Step to left left, right

Making full turn left

&64 Step onto left, right and left beside right

At this point there is a slow beat section, this is where your arms come in

RIGHT ARM MOVING FULL TURN TO THE RIGHT IN FRONT

1-8 Right arm starting down in front, heading up to left side and above head in circular motion to the right then down and back to where you started

LEFT ARM MOVING FULL TURN TO THE LEFT IN FRONT

9-16 Left arm starting down in front, heading up to right side and above head in circular motion to the left ending back to where you started

BOTH ARMS MOVING IN CIRCULAR FULL TURN AND MEETING DOWN IN FRONT AT STARTING POSITION

17-24 Right arm moves slowly to the left in a circle out to right side and up, and to left side, and back down in front, left arm moves to the right out to left side, and up, and to right side, and then back down in front

PUMP BOTH HANDS WITH PALMS DOWN AT SIDES

25-28 Both hands are down at your sides with palms facing down, while you pump them, up and down 4 times

Here's where you start again at the verse section and keep going, but.... Only to end of first count of 8 of "gitchy gitchy" section. Then start again and keep going till end of count 8 of "gitchy gitchy" section, and you will hear the music starts there with "gitchy gitchy" again and keep going through to "voulez vous coucher" section and repeat it twice. Start the last section again until count 60. Then put this ending in:

Step out onto right and do those both arm raises out and up and to down in front again and drop your arms and head at "aah"
