Lady Marmalade

拍數: 72　　　　**牆數:** 2　　　　**級數:** Intermediate/Advanced

編舞者: Bronya Bishorek (MY)

音樂: Lady Marmalade - Christina Aguilera, Pink, Mya And Lil' Kim

WALK FORWARD, RAINBOW RIGHT, RAINBOW LEFT

1-4	Walk forward 4 steps, right left right left
5-6	Step right to right side on ball, push back and place right next to left
7-8	Step left to left side on ball, push back and place left next to right

GRAPEVINE RIGHT, 1/8 TURN HITCH, HEEL TOE, HEEL TOE

1-4	Step right to right, cross left behind right, step right to right, 1/8 turn right and hitch left
5-8	Touch left heel forward, touch left toe back and repeat

GRAPEVINE LEFT, 1/8 TURN HITCH, HEEL TOE, HEEL, STEP BACK

1-4	Step left to left, cross right behind left, step left to left, 1/8 turn left and hitch right
5-7	Touch right heel forward, touch right toe back, touch right heel forward
8	Push back and step on right now facing 9:00 with left toe touching floor and knee bent

(GITCHY YA YA CHORUS) REACH, SIT, REACH, SIT, HIP THRUST

1-4	Reach up with left hand, throw left hand down and sit a little, weight on right, repeat
5-8	From sitting position, thrust left hip forward while gradually standing up

(GITCHY YA YA CHORUS) ½ TURN RIGHT & REACH, SIT, REACH, SIT, HIP THRUST

1-4	½ turn right, reach up with right hand, throw right hand down and sit a little weight on left, repeat
5-8	From sitting position, thrust right hip forward while gradually standing up

GRAPEVINE RIGHT (FACING 3:00), STEP POINT LEFT, RIGHT, LEFT

1-3	Step right to right, cross left behind right, step right to right
4	Point left toe to left while looking right
5-6	Step left to left, point right toe to right while looking left
7-8	Step right to right, point left to left while looking right

ROLLING VINE LEFT (3 PT TURN), ¼ TURN LEFT & POINT RIGHT

1-3	Making ¼ turn left step left forward, making ½ turn left step back on right making ¼ turn left step left to left side
4	Standing on left foot make ¼ turn left and point right toe to right

MARMALADE HIP ROLL & THROW

1	Throw weight to right foot, thrusting right hip to side
2-7	Slowly rotate hips in an exaggerated ½ circle hip roll from right to left
8	Thrust right hip to right with all weight on right foot, left pointing to left

CHANGE OF PLACE (SAILOR STEPS)

1&2	Step left behind right, step right next to left (ending facing 11:00), step left forward
3&4	Step right behind left, step left next to right (ending facing 1:00), step right forward
5-8	Repeat

STEP FORWARD, TOUCH, STEP BACK TOUCH, LEFT HEEL FORWARD, LEFT TOE BACK, STEP ACROSS, ½ TURN

1-2	Step left forward, touch right toe next to left

3-4	Step right back, touch left toe next to right
5	Place left heel forward
6	Touch left toe back
7	Step left across right
8	½ turn right ending with weight on left

REPEAT

TAG
3rd wall, after the 4 count rolling vine & ¼ turn left add:
DISCO SAMBA STEPS - 8 COUNTS

1-2	Step right to right, point left toe across behind right
3-4	Step left to left, point right toe across behind left
5-8	Repeat above

Then continue with the dance
After the sailor steps add: two additional sets of the final 8 counts (step forward, touch, step back, touch etc.).
1st set starts left foot, 2nd set starts right foot, 3rd set starts left foot

TAG
4th wall
After the 4 count rolling vine & ¼ turn left add:
DISCO SAMBA STEPS 12 COUNTS

1-2	Step right to right, point left toe across behind right
3-4	Step left to left, point right toe across behind left
5-8	Repeat above
9-12	Repeat above

Then restart from Kitchy Ya Ya chorus and continue with the dance
After the sailor steps add: two additional sets of the final 8 counts (step forward, touch, step back, touch etc.).
1st set starts left foot, 2nd set starts right foot, 3rd set starts left foot

TAG
5th wall
After the 4 count rolling vine & ¼ turn left add:
DISCO SAMBA STEPS - 8 COUNTS

1-2	Step right to right, point left toe across behind right
3-4	Step left to left, point right toe across behind left
5-8	Repeat above