

Lady Marmalade

拍數: 40 牆數: 4 級數: Improver
編舞者: Shae-Lynn Brophy
音樂: Lady Marmalade - Christina Aguilera, Pink, Mya And Lil' Kim



SAILOR STEP, SAILOR STEP

1&2 Step right behind left, step left in place, step right to right
3&4 Step left behind right, step right in place, step left to left

KICK BALL-CHANGE, STOMP, STOMP

5&6 Kick right forward, step right beside left, step left in place
7-8 Stomp right, stomp left

CROSS AND BACK AND CROSS AND BACK

9& Cross right over left, step back slightly with left
10& Right heel diagonally forward to right, step right with right
11& Cross left over right, step back slightly with left
12 Left heel diagonally forward to left

AND CROSS AND BACK AND STOMP, STOMP

&13 Step left to left, cross right over left
&14 Step slightly back with left, right heel diagonally forward to right
&15-16 Step right with right, stomp left, stomp right

CROSS, POINT, RIGHT AND RIGHT

17-18 Cross left over right, point right toe to right
19&20 Touch right diagonally forward pushing hips forward, sway hips left, sway hips right (bending knees)

AND, RIGHT AND RIGHT AND RIGHT, LEFT

&21 Sway hips left, sway hips right
&22 Sway hips left, sway hips right (bending knees)
&23 Sway hips left, cross right over left
24 Cross left over right

CROSS, POINT, LEFT AND LEFT

25-26 Cross right over left, point left toe to left
27&28 Touch left diagonally forward pushing hips forward, sway hips right, sway hips left (bending knees)

AND, LEFT AND LEFT AND LEFT, RIGHT

&29 Sway hips right, sway hips left
&30 Sway hips right, sway hips left (bending knees)
&31-32 Sway hips right, cross left over right, cross right over left

STEP, DRAG AND CROSS, HOLD

33-34 Step ¼ turn left with left, drag right to left
&35-36 Step right to right, cross left over right, hold (snap fingers)

AND OUT, HOLD AND CROSS TURN

&37-38 Step right to right, step left to left, hold (snap fingers)
&39-40 Step right to right, cross left over right, unwind ½ turn to right

REPEAT
