

Phase Two

拍數: 64 牆數: 2 級數: Intermediate/Advanced
編舞者: Tonya Coon Moore (USA)
音樂: Lady Marmalade - Christina Aguilera, Pink, Mya And Lil' Kim



Optional hand position: hands on hips, fingers down unless otherwise instructed

STEP, CROSS, ROCK, RECOVER, STEP BEHIND, STEP, CROSS

- 1-2 Step left foot to left pushing left hip out, hold
- 3-4 Cross-step right foot over left foot, hold
- 5-6 Rock left foot to left, rock back (recover) onto right foot
- 7&8 Step left foot behind right foot, step right foot to right side, cross-step left foot over right foot

MAMBO RIGHT, MAMBO LEFT, MAMBO FORWARD, MAMBO BACK

- 1&2 Rock right foot to right, recover weight on left foot, step right foot beside left foot
- 3&4 Rock left foot to left, recover weight on right foot, step left foot beside right foot
- 5&6 Rock right foot forward, recover weight on left foot, step right foot beside left foot
- 7&8 Rock back on left foot, recover weight on right foot, step left foot beside right foot

CROSSING TRIPLE BACK, CROSSING TRIPLE BACK, REVERSE ½ TURN, ½ TURN, ARMS CROSS, ARMS UP

- 1&2 Step back on right foot, cross-step (lock) left foot over right foot, step back on right foot (angling body slightly to right)
- 3&4 Step back on left foot, cross-step (lock) right foot over left foot, step back on left foot (angling body slightly to left)
- 5 Begin full turn: pivot ½ to right on left foot and step right foot forward
- 6 Complete turn: pivot ½ to right on right foot and step back on left foot (ladies can twist & lift right heel into a toe point. Just keep toes in place, and as you pivot on right foot raise your heel.)
- 7 Cross arms right over left with right hand touching left shoulder and left hand touching right shoulder (raising elbows to shoulder level)
- 8 Raise elbows up sliding hands up to extend arms straight overhead (arms should be straight and close to your head with right palm facing right and left palm facing left)

HIP AND HAND PUSHES 4X, STEP, ½ TURN, STEP, ½ TURN

- 1-4 Push right hip forward and push hands up, repeat 3 times more
- 5 Step right foot forward (optional hands: bring hands back to hip)
- 6 Pivot ½ to left (weight to left foot)
- 7-8 Step right foot forward, pivot ½ to left (weight to left foot)

STEP, DRAG, STEP, DRAG, ROCK, RECOVER, TRIPLE BACK

- 1-2 Step right foot long step forward, drag left foot to meet right foot
- 3-4 Step left foot long step forward, drag right foot to meet left foot
- 5-6 Rock right foot forward, rock back onto left foot
- 7&8 Step back on right foot, step left foot next to right foot, step back on right foot

SIDE SHUFFLE LEFT, ROCK, RECOVER, SIDE SHUFFLE RIGHT, ROCK, RECOVER

- 1&2 Side shuffle to left on left-right-left
- 3-4 Cross-rock right foot over left foot (angling body slightly to left), recover onto left foot (optional hands: extend right hand forward with palm up and fan it around from left to right)
- 5&6 Side shuffle to right on right-left-right (optional hands: right hand back to hip on count 5)
- 7-8 Cross-rock left foot over right foot (angling body slightly to right), recover onto right foot (optional hands: extend left hand forward with palm up and fan it around from right to left)

3-STEP TURN LEFT, TOUCH OUT, 3-STEP TURN RIGHT, TOUCH OUT

- 1-3 Turn $\frac{1}{4}$ left stepping forward on left foot, turn $\frac{1}{2}$ left on left foot stepping back on right foot, turn $\frac{1}{4}$ left on right foot stepping left foot to left side (optional hands: keep left hand out during these 3 counts and sweep right hand around back of head left-to-right)
- 4 Touch right foot to right side angling body slightly left (optional hands: extend right hand forward with palm down and bring left hand to waist)
- 5-7 Turn $\frac{1}{4}$ right stepping forward on right foot (optional hands: bring right hand to waist), turn $\frac{1}{2}$ right on right foot stepping back on left foot, turn $\frac{1}{4}$ right on left foot stepping right foot to right side
- 8 Touch left foot to left side angling body slightly right (optional hands: extend left hand forward with palm down)

ROCK LEFT, HEEL DROP, ROCK RIGHT, HEEL DROP, REPEAT DOUBLE TIME, CROSS, TURN

- 1 Keeping feet apart rock left hip to left raising left heel (optional hands: swing arms to left level with head)
- 2 Drop left heel (optional hands: keep arms at head level and snap fingers)
- 3 Rock right hip to right raising right heel (optional hands: swing arms to right level with head)
- 4 Drop right heel (optional hands: keep arms at head level and snap fingers)
- &5 Leaning slightly forward rock left hip to left and raise left heel (optional hands: swing arms to left level with head), drop left heel (optional hands: keep arms at head level and snap fingers)
- &6 Still leaning forward rock right hip to right and raise right heel (optional hands: swing arms to right level with head), drop right heel (optional hands: keep arms at head level and snap fingers)
- 7-8 Cross left foot behind right foot, unwind $\frac{1}{2}$ to left (weight remains on right foot)

REPEAT
