

# 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**

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