

Ladies In The '90s

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Choregraphie par : Heather Barton (SCO)

Description : 32 temps, 2 murs, Novice, Mai 2019

Musique : Ladies in the '90s by Lauren Alaina (iTunes)



Intro: 32 count

Section 1 [1-8] Walk R, L, Anchor Step, Tap Unwind L 1/2 , Chasse 1/4 L

- 1,2 Walk fwd R, Walk fwd L.
- 3&4 Rock R behind L, Rec L, step back R
- 5,6 Tap L Toe back, 1/2 unwind over L shoulder, weight on L (6 o'clock)
- 7&8 1/4 turn L step R to R side, place L beside R, Step R to R side (3 o'clock)

Section 2 [9-16] Sailor L Side, Ball Side, Behind, 1/4 L Shuffle Fwd, Paddle 1/2 Turn L

- 1&2 Step L behind R, step R beside L, step L to left side
- &3,4 Step R beside L, Step L to L side, Step R behind L
- 5&6 1/4 turn L step L fwd, step R beside L, Step fwd L. (12 o'clock)
- 7,8 Weight on L, 1/4 turn L tap R to R side, 1/4 turn L tap R to R side (6 o'clock)

***Restart here on walls 2 & 6 (see note)**

Section 3 [17-24] Cross Samba R, Cross Side, Sailor 1/4 L, Ball Step Fwd, Brush Tap

- 1&2 Cross R over L, side Rock L, rec R
- 3,4 Cross L over R, Step R to R side
- 5&6 1/4 turn L place L behind R, step R beside L, step L fwd
- &7&8 Step R beside L, Step fwd L, Brush R fwd, Tap R Toe fwd (3 o'clock)

Section 4 [25-32] Twist Heels, Kick R, Coaster R, Ball Step 1/2 L, Step 1/4 L

- 1&2 Twist both heels out, bring in & kick R fwd
- 3&4 Step back R, step L beside R, step R fwd
- &5,6 Step L beside R, step R fwd pivot 1/2 L (9 o'clock)
- 7,8 Step fwd R, pivot 1/4 L (6 o'clock)

***Restarts: Walls 2 & 6, after 16 counts, you will be facing 12 o'clock**

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