

Ladies In The 90's

Count: 48

Wall: 2

Level: Improver

Choreographer: Peter Jones (UK) & Anna Lockwood (UK) - January 2019

Music: Ladies In The '90s - Lauren Alaina



Music Available from iTunes & Amazon.

Starts on vocals 32 counts in.

S1: Side Rock & Cross x 2, Mambo ½, Triple full turn R,

- 1&2 Rock R To R Side, Recover Weight On L, Cross R Over L.
- 3&4 Rock L To L Side, Recover Weight On R, Cross L Over R.
- 5&6 Rock Forward On R, Recover On L, Turn ½ R Onto R.
- 7&8 Turn ½ R Stepping Back On L, Turn ½ R Stepping Forward On R, Step forward On L.

S2: Kick Ball Step, Cross, ¼ Turn R, Sailor Step, Side, Behind, Step ¼ R.

- 1&2 Kick R Forward, Step R Next To L, Step Forward On L.
- 3-4 Cross R Over L, Turn ¼ R Stepping Back On L.
- 5&6 Sweep R Behind L, Step L In Place, Step R In Place.
- 7&8 Step L Behind R, Turn ¼ R Stepping Forward On R, Step Forward On L.

Restart here on wall 3 (facing 12:00)

S3: Skates x 2, Shuffle Forward, Cross, ¼ L, Shuffle ¼ L,

- 1-2 Slide R To R Diagonal, Slide L To L Diagonal.
- 3&4 Step Forward On R, Step L Next To R, Step R Forward.
- 5-6 Cross L Over R, Turn ¼ L Stepping Back On R.
- 7&8 Turn ¼ L Stepping Forward On L, Step R Next To L, Step Forward On L.

S4: Touch ¼ Paddles L x 2, Shuffle Forward, Touch ¼ Paddles R x 2, Cross Shuffle.

- 1-2 Turn ¼ L Touching R To R Side, Turn ¼ L Touching R To R Side.
- 3&4 Step Forward On R, Step L Next To R, Step Forward On R.
- 5-6 Turn ¼ R Touching L To L Side, Turn ¼ R Touching L To L Side.
- 7&8 Cross L Over R, Step R To R Side, Cross L Over R.

S5: Side Rock, Behind, Side, Cross, Point, & Heel, & Heel, & Touch.

- 1-2 Rock R To R Side, Recover On L.
- 3&4 Step R Behind L, Step L To L Side, Cross R Over L.
- 5&6& Point L To L Side, Step L Next To R, Touch R Heel Forward, Step R Next To L.
- 7&8& Touch L Heel Forward, Step L Next To R, , Touch R Heel Forward, Touch R Next To L.

S6: Coaster Step, Shuffle Forward, Step Out, Out, In, In.

- 1&2 Step Back On R, Step L Next To R, Step Forward On R.
- 3&4 Step Forward On L, Step R Next To L, Step Forward On L.
- 5-6 Step R Out To R Diagonal, Step L Out To L Diagonal.
- 7-8 Step R In Place, Step L In Place.