Lady Marmalade

Level: Improver

Choreographer: Shae-Lynn Brophy

Music: Lady Marmalade - Christina Aguilera, Pink, Mya And Lil' Kim

SAILOR STEP, SAILOR STEP

Count: 40

- 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





Wall: 4

REPEAT