

Ladies Choice

Count: 40

Wall: 4

Level: Improver

Choreographer: Charlie B (UK) - December 2007

Music: Ladies' Choice - Zac Efron : (Hairspray soundtrack)



Start after 10 seconds, on main vocals

Right vine, left shuffle forward, right shuffle forward, step left forward, pivot ½ turn

- 1&2& Step right to right side, step left behind right, step right to right side, touch left at side of right
- 3&4 Step left foot forward, step right next to left, step forward on left
- 5&6 Step right foot forward, step left next to right, step forward on right
- 7&8 Step left foot forward, pivot ½ turn to the right, touch left foot to side

Right vine, left shuffle forward, right shuffle forward, step left forward, pivot ½ turn

- 1&2& Step right to right side, step left behind right, step right to right side, touch left at side of right
- 3&4 Step left foot forward, step right next to left, step forward on left
- 5&6 Step right foot forward, step left next to right, step forward on right
- 7&8 Step left foot forward, pivot ½ turn to the right, touch left foot to side

Right mambo forward, left mambo back, heel swivels left and right, left hitch, cross rock and side

- 1&2 Rock forward on right foot, recover weight on left, close feet together stepping right next to left
- 3&4 Rock back onto left foot, recover weight onto right, close feet together stepping left slightly in front of right
- &5 Raise heels and on the balls of feet swivel left and right
- 6 Hitch left heel in front of right leg
- 7&8 Cross rock left foot over right, step back on right and step left to side

Bump hips left, right, hitch right foot, chasse with a ¼ turn right, left mambo forward, right mambo back

- 1&2 Bump hips left, right and hitch right foot in front of left
- 3&4 Step right to right side, step left next to right, step right to right side and make a ¼ turn to the right
- 5&6 Rock forward on left foot, recover weight on right, close feet together stepping left next to right
- 7&8 Rock back onto right foot, recover weight onto left, close feet together stepping right next to left

Left shuffle forward, right shuffle forward, rock and point left foot behind, ½ turn left with hips left, right, left

- 1&2 Step left foot forward, step right next to left, step forward on left
- 3&4 Step right foot forward, step left next to right, step forward on right
- 5&6 Rock forward on left, recover on right, point left foot behind
- 7&8 Make ½ turn over left shoulder bumping hips left, right, left

Begin again.