

Ladies Choice

拍数: 40 墙数: 4 级数: Improver
编舞者: Charlie B (UK) - December 2007
音乐: 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.