Ms. Kelly



编舞者: Dave Munro (UK) - February 2008

音乐: Work (Freemasons Radio Edit) - Kelly Rowland: (CD single and CD album 'Ms.

Kelly')



Dance repeats in a Clockwise direction.

Intro:- 32 Counts.

R Heel touch, L Toe touch, R Toe touch (Quarter turn), L Kick, Rock/recover, Shuffle Half turn.

Touch Right heel forward, Step Right beside Left, Touch Left toe beside Right.

Quarter turn left stepping Left in place, Touch Right toe behind Left, Step Right back.

4&5 Kick Left forward, Step Left beside Right, Rock forward on Right.
6-7&8 Recover back on Left, Half turn right stepping Right Left Right. (3:00)

L Scissor (Quarter turn), R Step side, L Sailor (Half turn), R Step forward, L Twinkle.

1&2 Quarter turn right step Left to left, Close Right beside Left, Cross Left over Right.

3 Step Right to right side.

4&5 Step Left behind Right, Quarter turn left step Right in place, Quarter turn left Step Left

forward.

6 Step Right forward.

7&8 Step Left across Right, Step Right beside Left, Step Left in place. (Angle body to 10:30)

R Cross step, L back/lock/back, R Step side, Walk L/R, L Toe touch, L Scissor cross.

1 Step Right across Left. (Body still angled)

2&3 Step Left back, Lock Right back across Left, Step Left back. (Body still angled)

4-6 Step Right to right (squaring up to 12:00), Walk forward Left/Right.

&7&8 Touch Left toe beside Right, Step Left to left, Slide right beside Left, Step Left across Right.

(12:00)

R Rock/recover, Shuffle One & a Quarter turn *, L Cross rock/recover, L Coaster Step.

1-2 Rock Right forward, Recover back on Left.

One & a Quarter turn right stepping Right, Left, Right, (travel towards 6:00). (*optional,

Quarter turn right)

5-6 Rock on Left across Right, Recover back on to Right.

7&8 Step Left back, Step Right beside Left, Step Left forward. (3:00)

Repeat from Start.