

# Ladies In The 90's

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**Count:** 48

**Wall:** 2

**Level:** Improver

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

**Music:** Ladies In The 90's by 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.