

AB Ladies In The 90s

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Count: 32 **Wall:** 1 **Level:** Absolute Beginner

Choreographer: Janet Cummings - USA - 30 July 2019

Music: Ladies In The 90's - Lauren Alaina. BPM 100

Intro: 32 Counts, Start on Lyrics - No Tags or Restarts

SECTION 1: R HEEL TAP FORWARD, RETURN, TWIST L,R,L; L HEEL TAP FORWARD, RETURN, TWIST R,L,R

1, 2, 3&4: R Heel Tap Forward, Return to Center, Twist Left, Right, Left

5, 6, 7&8: L Heel Tap Forward, Return to Center, Twist Right, Left, Right

SECTION 2: R KICK FORWARD, STEP CENTER, L TOUCH BACK, TOUCH CENTER, L KICK FORWARD, STEP CENTER, R TOUCH BACK, TOUCH CENTER

1, 2, 3, 4: R Kick Forward, Step Center, L Touch Back, L Touch Center

5, 6, 7, 8: L Kick Forward, Step Center, R Touch Back, R Touch Center

SECTION 3: SLOW SAILOR STEP, TOUCH - RIGHT AND LEFT

1, 2, 3, 4: R Step Behind L, L Step to Side, R Step in Place, L Touch Center

5, 6, 7, 8: L Step Behind R, R Step to Side, L Step in Place, R Touch Center

SECTION 4: KNEE POPS, RIGHT JAZZ BOX

NOTE: In the Next 4 Counts the Ball of either foot never leaves the floor.

1, 2: Drop R Heel from Section 3 While Raising L Heel Forcing L Knee to Bend, Drop L Heel While Raising R Heel Forcing R Knee to Bend

3, 4: Drop R Heel While Raising L, Forcing L Knee to Bend, Drop L Heel Raising R Forcing R Knee Bend

5, 6, 7, 8: R Cross Over L, L Step Back, R Step to Side, L Step Forward

This Dance is #12 in our AB Series, and we learn three new steps...added steps are the Twist, Slow Sailor Step with a touch, and Knee Pops. Have fun, don't be afraid to add your own style once you learn the basic steps.

Advice....Learn the Terminology and Floor Etiquette, and always respect your instructors...they work hard to please you...to succeed in what they do they need your cooperation. HAGD!

Dance... for physical and mental health! May God guide us each step of the way.

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