

Lady M

November, 2008
v1.3

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SONG: Lady Marmalade, Patti LaBelle, (CD - *Pop Music, The Golden Era Disc 2, track 23*), download at Amazon.com and others
RHYTHM: Cha Cha RAL Phase III+1 (triple chas) TEMPO: As on CD.
SEQUENCE: INTRO, A, A, B, C, C, A(7-19), END

INTRO

1-4 LOP FCNG PRTR AND LOD WAIT TWO MEAS; ; NEW YORKER; SPOT TURN;

1-2 wait 2 meas fcng prtr & LOD lead foot free & lead hnds joined wait 2 meas; ;
3 new yorker trng to fc WALL fwd L, rec R trn LF, sd L/cl R, sd L;
4 spot turn trn LF toward COH fwd R, cont trn rec L, cont trn sd R/cl L, sd R; LOPFCG/LOD

5-8 FWD BASIC TO BK TRIPLE CHAS; ; BK BASIC TO FWD TRIPLE CHAS; ;

5-6 fwd basic to bk triple chas fwd L, rec R, bk L/lk Rif, bk L; bk R/lk Lif, bk R, bk L/lk Rif, bk L;
7-8 bk basic to fwd triple chas bk R, rec L, fwd R/lk Lib, fwd R; fwd L/lk Rib, fwd L, fwd R/lk Lib, fwd R; LOPFCG/LOD

A

1-4 1/2 BASIC; UNDERARM TURN; LARIAT; FC WALL BFLY;

1 1/2 basic fwd L, rec R, sd L/cl R, sd L raise ld hnds;
2 UA trn xRib, rec L, sd R/cl L, cl R ld W to right side (W trn RF fwd L, cont trn fwd R, fwd L/lk Rib, fwd L);
3-4 lariat sd L, rec R, cl L/R, L (W fwd R, L, fwd R/lk Lib, fwd R); sd R, rec L fc WALL, cl R/L, R (W fwd L, R, fwd L/lk Rib, fwd L to fc M);
BFLY/WALL

5-8 BK SHOULDER TO SHOULDER 2X; ; CHASE TRN; ONE PEEK-A-BOO;

5-6 bk shoulder to shoulder 2x xLib (W xif), rec R, sd L/cl R, sd L; xRib (W xif), rec L, sd R/cl L, sd R;
7 chase trn release hnds fwd L trn 1/2 RF, rec R, fwd L/lk Rib, fwd L (W bk R, rec L, fwd R/lk Lib, fwd R); TNDM/COH
8 one peek a boo sd&slight fwd R look at W, rec L, in place R/L, R (W sd&slight fwd L look at M, rec R, in place L/R,L);

9-12 CHASE TRN; ONE PEEK-A-BOO; W CHASE TURN W/SD CHA; MAN'S UNDERARM TURN;

9 chase trn fwd L trn 1/2 RF (W fwd R trn 1/2 LF), rec R, fwd L/lk Rib, fwd L; TNDM/WALL
10 one peek a boo sd&slight fwd R look at W, rec L, in place R/L, R (W sd&slight fwd L look at M, rec R, in place L/R,L);
11 W chase trn fwd L, rec R, join ld hnds sd L/cl R, sd L (W fwd R trn 1/2 LF, rec L, sd R/cl L, sd R); fcng prtr&WALL ld hnds joined
12 M's UA trn trn LF fwd R under joined ld hnds, cont trn fwd L, fwd R/lk Lib, fwd R to W's L side (W xLib, rec R, sd L/cl R, sd L);

13-15 M LARIAT LF (W SLOW HIP ROLLS); ; NEW YORKER 4;

13-14 M lariat LF fwd L, R, fwd L/lk Rib, fwd L; fwd R, L, fwd R/lk Lib, fwd R; while M lariats he can watch W do slow hip rolls

QQQQ 15 new yorker in 4 trng to fc RLOD fwd L, rec R trn LF, sd L, cl R; BFLY/WALL

16-19 SAND STEP 2X; ; 1/2 BASIC; WHIP FC LOD WITH FWD CHA;

16 sand step bring L knee across front of R knee leave toe on floor, swing L knee out release toe to heel contact, xLif/sd R, xLif;
17 sand step bring R knee across front of L knee leave toe on floor, swing R knee out release toe to heel contact, xRif/sd L, xRif;
18 1/2 basic fwd L, rec R, sd L/cl R, sd L bring hnds tog R hnd on top;
19 whip fc LO w/fwd cha trn LF bk R, rec L, fwd R/lk Lib, fwd R (W fwd L, R trn LF, bk L/lk Rif, bk L); LOPFCG/LOD

REPEAT A

1-4 1/2 BASIC; UNDERARM TURN; LARIAT; FC WALL BFLY;

5-8 BK SHOULDER TO SHOULDER 2X; ; CHASE TRN; ONE PEEK-A-BOO;

9-12 CHASE TRN; ONE PEEK-A-BOO; W CHASE TURN W/SD CHA; MAN'S UNDERARM TURN;

13-15 M LARIAT LF (W SLOW HIP ROLLS); ; NEW YORKER 4;

16-19 SAND STEP 2X; ; 1/2 BASIC; WHIP FC LOD WITH FWD CHA;

B

1-4 FULL BASIC; ; FWD BASIC TO BK TRIPLE CHAS; ;

1-2 full basic fwd L, rec R, sd L/cl R, sd L; bk R, rec L, sd R/cl L, sd R;
3-4 repeat intro meas 5-6

5-8 BK BASIC TO FWD TRIPLE CHAS; ; 1/2 BASIC; UNDERARM TURN;

5-6 repeat intro meas 7-8
7-8 repeat A meas 1-2

9-10 LARIAT; TO CP FC WALL;

9-10 repeat A meas 3-4

C

1-4 FULL BASIC ; ; NY; CRAB WALK;

- 1-2 repeat B meas 1-2 in CP/WALL
- 3 **new yorker** trng to fc RLOD fwd L, rec R trn LF, sd L/cl R, sd L; CP/WALL
- 4 **crab walk** xRif, sd L, xRif/sd L, xRif; CP/WALL

5-8 TRAVELING DOOR 2X; ; SLOW HIP RK 3X; -,-, SD CHA;

- 5-6 **traveling door** sd L, rec R, xLif/sd R, xLif; sd R, rec L, xRif/sd L, xRif blend to CP; CP/WALL
- 7-8 **slow hip rks** sd&bk L,-, rec R,-; rec L,-,sd R/cl L, sd R; CP/WALL

REPEAT C

1-4 FULL BASIC ; ; NY; CRAB WALK;

5-8 TRAVELING DOOR 2X; ; SLOW HIP RK 3X; - SD CHA;

REPEAT A (7-19)

7-10 CHASE TRN; ONE PEEK-A-BOO; CHASE TRN; ONE PEEK-A-BOO;

11-15 W CHASE TRN W/SD CHA; MAN'S UA TURN; M LARIAT LF (W SLOW HIP ROLLS); ; NEW YORKER 4;

16-19 SAND STEP 2X; ; ½ BASIC; WHIP FC LOD WITH FWD CHA;

END

1-4 SAND STEP 2X; ; ½ BASIC; WHIP FC COH WITH FWD CHA;

- 1-2 repeat A meas 16-17 BFLY/LOD
- 3-4 repeat A meas 18-19 end LOPFCG/COH

5-8 CHASE TRN; ONE PEEK-A-BOO; CHASE TRN; PEEK-A-BOO;

- 5-6 repeat A meas 7-8
- 7-8 repeat A meas 9-10 end fcg COH

9-10 PEEK-A-BOO; PEEKABOO AND HOLD;

- 9 **peekaboo** sd L, rec R, cl L/R, L
- 10 **peekaboo and hold** sd R look at prtnr with L hand on W's hip