

## **LADIES 2021**

**DEPARTMENT: LOVE ON DISPLAY-GUY SEBASTIAN (3.04)**

**ALL SONG**

### **NO1: HANDS BEHIND BACK (SLOW)**

**1. STEP L TO L SIDE**

**2. TAKE R FOOT BEHIND L ON TOES**

**3. LUNGE ON L TO L SIDE & FLIGHT**

**4. PULL UP & POINT L TO L SIDE & UPSTRETCH**

**5. STEP BACK ON L, R TO X STEP, HANDS BEHIND BACK**

**6. KICK R TO FRONT, KNEE HIGH**

**7-8. CHANGE STEP RLR**

**9. LUNGE FWD ON L & REACH**

**10. PULL UP POINT L TO FRONT & UPSTRETCH**

**11. KICK L FWD, KNEE HIGH, HANDS BEHIND BACK**

**12. L TO X STEP**

**13. L FOOT OVER R, BEND KNEES**

**14. POINT R TO R SIDE STRAIGHT KNEES**

**15. R TO L ON TOES**

**16. RECOVER R FOOT**

**REPEAT R**

**NO2: EVERY BEAT**

- 1. POINT L TO FRONT**
  - 2. L TO R SHIN**
  - 3. POINT L TO L SIDE**
  - 4. L TO R ON TOES**
  - 5. POINT R TO FRONT**
  - 6. R TO L SHIN**
  - 7. POINT R TO R SIDE**
  - 8. R TO L ON TOES**
  - 9. KICK L KNEE HIGH**
  - 10. L TO X STEP**
  - 11. TAKE L BACK FLAT BEHIND R**
  - 12. KICK R KNEE HIGH**
  - 13. R TO X STEP**
  - 14. POINT R TO FRONT**
  - 15. CHANGE FEET**
  - 16. RECOVER**
- REPEAT R**

**EXERCISES: SOLID GOLD-DELTA GOODREM (2.16)**

**INTRO: 1X16**

**NO1: 1X16**

**NO2: 1X16**

**NO3: 1X16**

**NO4: 2X16 EVERY BEAT L & R**

**NO5: 2X16 EVERY BEAT L & R**

**NO4: 2X16 EVERY BEAT L & R**

**NO1: 1X16 TO R**

**NO2: 1X16 TO R**

**NO4: 2X16 EVERY BEAT L & R**

**NO5: 2X16 EVERY BEAT L & R**

**NO1:**

- 1. L ARM REACH**
- 2. L UPSTRETCH, R REACH**
- 3. R UPSTRETCH BOTH**
- 4. FLIGHT**
- 5. L ACROSS BODY LOW**
- 6. R ACROSS L**
- 7. R HIGH FLIGHT, L DOWN IN LINE**
- 8. UPSTRETCH**
- 9. STEP L TO L SIDE & FLIGHT**
- 10. LATERAL L, R NECKREST, L SIDE**
- 11. BODY UPRIGHT & BOTH TO NECKREST**
- 12-13. OPP 10-11**
- 14. FLIGHT**
- 15. UPSTRETCH & POINT L TO L SIDE**
- 16. RECOVER**

## **NO2:**

- 1. STEP L TO LFI & REACH**
- 2. R FOOT ON SIDE OF L LEG, KNEE FRONT, L UPSTRETCH, R BY SIDE**
- 3. KICK R FOOT FWD & REACH**
- 4. STEP R FOOT BACK FLAT, ARMS BACK PASS BODY, STILL FACING LFI**
- 5. TURN TO FACE RFI & FLIGHT**
- 6. UPSTRETCH**
- 7. TOUCH FLOOR UNDER SHOULDERS**
- 8. TOUCH KNEES**
- 9. BODY UPRIGHT & REACH**
- 10. L ARM FLIGHT**
- 11. R ARM FLIGHT**
- 12. STEP L TO L SIDE WALL FEET APART TO FACE FRONT, ARMS SWING DOWN & CROSS L ON TOP TO OBLIQUE**
- 13. TOUCH TOES**
- 14. STRETCH OUT TO TOUCH FLOOR**
- 15. BODY UPRIGHT & POINT L TO L SIDE & UPSTRETCH**
- 16. RECOVER**

## **NO3:**

- 1. POINT L TO L SIDE WALL, FACING L SIDE WALL & HEAVE THRU REACH**
- 2. LUNGE ON L & FLIGHT**
- 3. TAKE R FOOT AROUND FEET APART TO FACE BACK WALL & TOPSTAND**
- 4. POINT R TO BACK & HEAVE**
- 5. LUNGE ON R, FACE R SIDE WALL & FLIGHT**
- 6. PULL UP & POINT R TO BACK & TOPSTAND**
- 7. R FOOT FLAT, FACE FRONT, POINT L TO FRONT & UPSTRETCH**
- 8. RECOVER**
- 9-16. OPP 1-8**

**NO4: EVERY BEAT L & R**

- 1. STEP L TO L SIDE, L HAND OPEN HEAVE PF**
  - 2. STEP R BEHIND L ON TOE, R OPEN HEAVE PF (BOTH)**
  - 3. STEP L TO L SIDE, FEET APART, L DANCING POSITION**
  - 4. R TO L, R HAND DANCING POSITION (BOTH)**
  - 5. STEP R TO R SIDES, HANDS OUT FROM SIDES**
  - 6. STEP TO R SIDE TO FACE BACK & FLIGHT**
  - 7. STEP R TO R SIDE FACE FRONT (SPIN) & UPSTRETCH**
  - 8. L TO R & OPEN HEAVE PF**
  - 9. POINT L TO L SIDE, L ARM POINTING OVER LEG PB**
  - 10. L TO R ON TOE, L OPEN HEAVE PF**
  - 11-12. OPP 9-10**
  - 13. STEP R TO FRONT FLAT**
  - 14. KICK L FWD, SHIN HIGH, ARMS LOW MID PU**
  - 15. STEP L BACK & OPEN HEAVE PF**
  - 16. R TO L FEET TOG & UPSRTETCH PF**
- REPEAT R**

**NO5: EVERY BEAT L & R**

- 1. UPSTRETCH (TURN PALMS IN)**
  - 2. L OBLIQUE**
  - 3. R OBLIQUE**
  - 4. L NECKREST**
  - 5. R NECKREST**
  - 6. L YARD**
  - 7. R YARD**
  - 8. L CROSSBEND**
  - 9. R CROSSBEND**
  - 10. L MID**
  - 11. R MID**
  - 12. HANDS TOG AT REACH**
  - 13. L UPSTRETCH, R SIDE**
  - 14. CHANGE ARMS**
  - 15. DRAG**
  - 16. RECOVER**
- REPEAT R**

**REPEAT NO4 L & R, NO1 & NO2 TO R**

**RHYTHM & FLOOR: TWO OF US-BIRDS OF TOKYO (2.18)**

**INTRO: 1X4**

**NO1: 1X16 HOLD**

**NO2: 1X17**

**NO3: 1X17**

**NO4: 1X18**

**NO1:**

- 1. STEP L TO L SIDE BEND KNEES, THEN STRAIGHTEN, POINT R TO R SIDE, ARMS CROSS IN FRONT OF CHEST & UNFOLD TO MID PU**
  - 2. R FOOT TO SIDE OF L LEG KNEE FRONT THEN KICK KNEE HIGH, ARMS UNFOLD TO REACH**
  - 3. STEP FWD ON R, POINT L AT BACK, ARMS SWING BACK PASS BODY**
  - 4. LONGLINE, ARMS TO UPSTRETCH**
  - 5. POINT L AT BACK & UPSTRETCH BODY UPRIGHT**
  - 6. STEP R TO R SIDE WALL, UNFOLD ARMS TO YARD PU**
  - 7. CURTSEY ON R, ARMS CROSS IN FRONT OF BODY LOW L ON TOP**
  - 8. IMPULSE TO LOW REACH**
  - 9. STEP L TO L FRONT INCLINE, POINT R AT BACK, ARMS THRU YARD TO 5<sup>TH</sup>, LOOK UP**
  - 10. R ARM DOWN TO OUT FROM SIDE, LOOK OVER R SHOULDER**
  - 11. STEP BACK ON R, POINT L TO LFI, STILL FACING LFI, L ARM OUT FROM SIDE, LOOK L**
  - 12. STEP L TO L SIDE BEND L KNEE FACING FRONT, ARMS SWING TO L SIDE, L YARD R ACROSS BODY LOOK**
  - 13. REVERSE KNESS & ARMS LOOK**
  - 14. STRAIGHTEN R KNEE, POINT L TO L SIDE, L ARM SWING DOWN & UPTO FLIGHT (BOTH)**
  - 15. IMPULSE TO HIGH FLIGHT, L TO R ON TOE**
  - 16. ARMS SWING DOWN & CROSS L ON TOP TO 5<sup>TH</sup> LOOK UP, RISE ON TOES**
- HOLD**

**NO2:**

- 1. STEP L TO FRONT, POINT R AT BACK & REACH**
- 2. STEP ON R & TURN TO FACE RFI FEET APART, UNFOLD R TO YARD PU (BOTH YARD)**
- 3. TURN TO FACE RBI LUNGE ON R, L ARM SWINGS BY SIDE TO BOTH REACH**
- 4. LIFT L LEG UP AT BACK & UPSTRETCH, LEAND FWD A LITTLE, R KNEE STILL BENT**
- 5. TAKE L FOOT THRU TO BACK, FEET APART, BODY FACING L SIDE WALL & FLIGHT**
- 6. BEND L KNEE, L UPSTRETCH, LATERAL R, LOOK FRONT**
- 7. TURN TO FACE FRONT, POINT L AT BACK, L ARM CROSS LOW R LOW IN FRONT OF BODY THEN TO FLIGHT**
- 8. STEP BACK ON L, POINT R TO FRONT, RECOVER ARMS TO SIDES**
- 9. LUNGE ON R, UNFOLD ARMS TO MID**
- 10. SQUARE KNEEL ON L, (R KNEE UP) TO FRONT, HANDS ON L KNEE, L ON TOP**
- 11. L HAND SWINGS DOWN & UP TO 5<sup>TH</sup> THRU FLIGHT**
- 12. R LEG TO L (STILL KNEEL UP), R HAND SWING DOWN & UP TO 5<sup>TH</sup> THRU FLIGHT, LOOK UP**
- 13. ROLL & SIT ON R HIP, HANDS FACE RFI, KNEES FRONT**
- 14. KICK LEGS OUT TO LFI, HANDS STILL FACING RFI**
- 15. ROLL TO BACK**
- 16. BEND KNEES THEN PUSH OUT TO FRONT**
- 17. LONGSIT TO FRONT**



**NO3:**

**1. UPSTRETCH**

**2. HANDS ON FLOOR, BACK PASS BODY, BEND KNEES**

**3. LIFT L, KNEES TOG**

**&. LIFT R**

**4. FEET DOWN BEND KNEES**

**5. HALF LONGSIT R KNEE BENT, BODY FRONT & FLIGHT**

**6. R HAND TO FLOOR UNDER L SHOULDER, LIFT UP ON R KNEE, L HAND TO CEILING, LOOK UP**

**7. SAME AS 5**

**8. ROLL OVER ON KNEES TO R SIDE WALL, HANDS ON FLOOR, L LEG OUT STRAIGHT TO R SIDE WALL**

**9. BEND L KNEE, TOE POINT TO CEILING**

**10. ROLL TO BACK FACE FRONT, KNEES STILL BENT & L ARM SWINGS TO YARD (BOTH), BODY FACES FRONT**

**11. UNFOLD ARMS TO REACH, LEAN OVER R LEG TO FRONT**

**12. L LEG TO ON TOP OF R, KNEES FRONT, HANDS FACE RFI**

**13. LEGS OUT STRAIGHT TO L SIDE WALL**

**14. ROLL ONTO STOMACH, HANDS BESIDE HEAD**

**15. LIFT R LEG UP & L HAND UP OFF FLOOR**

**16. CHANGE ARMS & LEGS**

**17. LEGS FLAT, ARMS BESIDE HEAD**

**NO4:**

- 1. LIFT UP ON HANDS, ARMS STRAIGHT**
- 2. PUSH BACK TO ALL FOURS**
- 3. SQUARE KNEEL ON L, R LEG UP, HANDS ON R KNEE, L ON TOP**
- 4. STAND UP, POINT L TO BACK & REACH**
- 5. STEP L TO L SIDE BEND KNEES THEN STRAIGHT & POINT R TO R SIDE, UNFOLD ARMS TO YARD PU, FACE FRONT**
- 6. R FOOT TO L, BEND KNEES, R ARM SWING ACROSS BODY TO HEAD HIGH, L TO UP IN LINE WITH R, LOOK L**
- 7. IMPULSE BOTH TO L SIDE LOW**
- 8. STEP R TO R SIDE BEND KNEES, SWING ARMS ACROSS BODY TO L SIDE LOW, LOOK R**
- 9. STRAIGHTEN R KNEE, POINT L TO L SIDE, L ARM SWING ACROSS BODY TO HIGH FLIGHT, R DOWN IN LINE, LOOK L**
- 10. L TO R ON TOE & UNFOLD TO UPSTRETCH**
- 11. STEP L TO L SIDE, FEET APART, BEND L KNEE, ARMS SWING TO R SIDE, TO L YARD R ACROSS BODY, LOOK L**
- 12. STRAIGHTEN L KNEE, POINT R TO SIDE, R SWINGS ACROSS & UP TO YARD BOTH**
- 13. IMPULSE AT YARD**
- 14. STEP BACK ON L, SIT LUNGE, ARMS CROSSED LOW IN FRONT, L ON TOP**
- 15. UNFOLD ARMS TO MID PU, STRAIGHT KNEES**
- 16. IMPULSE TO LOW MID PD, OVER R LEG, BEND R KNEE**
- 17-18. ARMS CROSS LOW L ON TOP TO 5<sup>TH</sup>, LOOK UP, R TO L & RISE ON TOES, STAND AT EASE**

**DANCE: KINGS & QUEENS-AVA MAX (1.36)**

**INTRO: 1X16**

**NO1: 2X16 EVERY BEAT L & R**

**NO2: 2X16 EVERY BEAT L & R**

**NO3: 1X16 TO L**

**NO1: 2X16 EVERY BEAT R & L**

**NO2: 1X16 EVERY BEAT R**

**NO3: 1X16 TO L**

**NO1: EVERY BEAT L & R**

**1. HEAVE**

**2. USPTRETCH CF**

**3-4. STEP L TO L SIDE FEET APART, SWING ARMS THRU R TO L SIDE LOW, HAND OPEN FS, L HIP OUT**

**5-6. R ARMS SWINGS THRU YARD, BEND ELBOW, HAND IN FRONT OF FACE, PF, R HIPOUT**

**7-8. OPP 5-6**

**9-12. PUMP TO RFI, R FOOT ON TOE, HEAD TO CHEST (4 PUMPS) HIPS MOVE**

**13-16. TAKE L FOOT OVER R, SPIN BY R TO FRONT, HANDS TO OPEN HEAVE THEN PUSH TO UPSTRETCH THRU YARD TO SIDES, FW**

**REPEAT R**

**NO2:**

- 1. POINT L TO L SIDE, L HAND OUT OVER L LEG, PB FS, L HIP OUT**
  - 2. L FOOT TO R ON TOE, SWING L HAND UP TO MUSCLE MAN HEAVE, FW**
  - 3-4. OPP 1-2**
  - 5. PUSH L HAND TO REACH, FW, R HIP OUT**
  - 6. OPP 5**
  - 7. ROLL HANDS TOWARDS YOU 3 TIMES, HIPS LRL**
  - 8. OPEN TO LOW MID, PU, FEET FLAT**
  - 9. STEP L TO FRONT & OPEN HEAVE, PF FS**
  - 10. KICK R TO FRONT LOW, OPEN HANDS TO LOW MID**
  - 11. STEP R BACK, WALKING ARMS, R IN FRONT L BEHIND**
  - 12. L TO R ON TOE, CHANGE ARMS**
  - 13. STEP L TO L SIDE YARD, CF**
  - 14. R TO L ON TOE & HEAVE**
  - 15-16. OPP 13-14**
- REPEAT R**

**NO3: EVERY 2<sup>ND</sup> BEAT**

- 1. PUSH R HAND DOWN TO IN FRONT, PB FS, R HIP OUT, CHANGE FEET**
- 2. PUSH L HAND DOWN TO R, LOCK FINGERS, PD, CHANGE HIPS & FEET**
- 3. TAKE L FOOT OVER R BEND KNEES**
- 4. KICK R HIP HIGH, ARMS OVER HEAD, FINGERS STILL LOCKED**
- 5. R FOOT OVER L, BEND KNEES, HANDS PUSH BACK DOWN IN FRONT, FINGERS STILL LOCKED**
- 6. KICK L HIP HIGH TO LFI, ARMS OVERHEAD, FINGERS STILL LOCKED, FACE LFI**
- 7. STEP ON L TO LFI, L HAND DOWN TO OUT FROM SIDE FS**
- 8. STEP ON R TO LFI, R HAND DOWN OUT FROM SIDE FS**
- 9. STEP BACK ON R TO RBI, BODY STILL FACE LFI, R ARMS SWINGS DOWN THRU REACH TO OVERHEAD TO SIDE, FS**
- 10. STEP BACK ON L TO RBI, BODY STILL FACE LFI, L ARM SWINGS DOWN THRU REACH TO OVERHEAD TO SIDE, FS**
- 11. STEP R TO R SIDE WALL, FEET APART, ARMS SWING ACROSS BODY TO R SIDE LOW, R HIP OUT**
- 12. CHANGE ARMS & HIPS**
- 13. R HIP OUT, R HAND SWING DOWN & UP TO IN FRONT OF FACE, PF FS**
- 14. OPP 13**
- 15-16. ARMS UNFOLD TO UPSTRETCH, R FOOT TO L ON TOE**

**REPEAT NO 1 R & L, NO 2 TO R, NO 3 TO L**