

Ladies Choice

LEVEL - EASY INT. - 60's

ARTIST: Zac Efron (music is cut to 2:11)

Hairspray S/T - CD - New Line Records - July 2007 - ASIN: B000PUAID4

.....
CHOREO: Robynn Hoschka CCI 57 Balsam Cr. Olds, AB, Can. T4H 1L1 1(403) 556-6750 mhoshka@telus.net
Jessica Hoschka CCI 16 Scenic Acres Dr. N.W. Calgary, AB T3L 1H2 1(403)284-1801 jessica.hoschka@gmail.com

WAIT: 16 Beats-Left Foot Lead Seq: A, B, C, A, B, C, D, A, C*

PART A: (32 Beats)

(4) 1 STOMP VINE (1/4L) STO DS(xib) DS(1/4L) RS
(4) 1 STOMP DOUBLE ROCK STO DBL RS DBL RS

Repeat above 8 beats 3 more times to face the front

PART B: (24 Beats)

(8) 1 LOTZA TOUCHES DS Tch(f)-H(clk) Tch(f)-H(clk) Tch(b)-H(clk)
Tch(b)-H(clk) Tch(f)-H(clk) Tch(b)-H(clk) Tch(s)-H(clk)
(8) 2 PUSH OFFS(R&L) DS RS RS RS
(4) 1 TRIPLE DS DS DS RS
(4) 1 BRUSH & TOUCH S(fwd) S(fwd) S(b) S(b) Br H(clk) T-Tch(f)

PART C: (16 Beats)

(8) 1 SLUR HEEL ROCK (fwd) DS Slur S(xib) DS DS Slur S(xib) DS H S H S
(4) 4 CRAZY LEGS (back) DS(xib)
(4) 1 BRUSH & TOUCH S(fwd) S(fwd) S(b) S(b) Br H(clk) T-Tch(f)
1 & 2 & 3 & 4

REPEAT PART A: (32 Beats) - Stomp Vine 1/4L, Stomp Double Rock - (4x)

REPEAT PART B: (24 Beats) - Lotza Touches, 2 Push Off, Triple, Brush & Touch

REPEAT PART C: (16 Beats) - Slur Heel Rock, 4 Crazy Legs, Brush & Touch

PART D: (32 Beats)

(4) 1 STEP & HOP DS Hop S Hop Ba Ba S (throw arms above head with hop)
(4) 1 TRIPLE STO/STOMP (1/2 R) DS DS DS STO STO (clap with stomps)
Repeat above 8 beats to face the front
(16) 2 TORNADO TURNS DS DS(xif) DS Loop S (1/2R) DS Loop S (1/2R) DS RS
(2nd time go (1/2L) on turns)

REPEAT PART A: (32 Beats) - Stomp Vine 1/4L, Stomp Double Rock - (4x)

PART C*: (32 Beats)

(8) 1 SLUR HEEL ROCK (fwd) DS SlurS(xib) DS DS Slur S(xib) DS HS HS
(4) 4 CRAZY LEGS (back) DS(xib)
(4) 2 BASICS* (full) DS RS
(8) 1 SLUR HEEL ROCK (fwd) DS SlurS(xib) DS DS Slur S(xib) DS HS HS
(4) 4 CRAZY LEGS (back) DS(xib)
(4) 1 BRUSH & TOUCH S(fwd) S(fwd) S(b) S(b) Br H(clk) T-Tch(f) H(clk)

LADIES CHOICE - PAGE 2 - CONTINUED

STEP BREAKDOWN

STOMP VINE (1/4L)

STO DS(xib) DS(1/4L) RS
L R L RL
1 &2 &3 &4

STOMP DOUBLE ROCK

STO DBL RS DBL RS
R L LR L LR
1 &a 2& 3e &4

LOTZA TOUCHES

DS Tch(f)-H(clk) Tch(f)-H(clk) Tch(b)-H(clk) Tch(b)-H(clk) Tch(f)-H(clk) Tch(b)-H(clk) Tch(s)-H(clk)
L R L R L R L R L R L R L R L
&1 & 2 & 3 & 4 & 5 & 6 & 7 & 8

BRUSH & TOUCH

S(fwd) S(fwd) S(b) S(b) Br H(clk) T-Tch(f)
L R L R L R L
1 & 2 & 3 & 4

SLUR HEEL ROCK (fwd)

DS Slur S(xib) DS DS Slur S(xib) DS H S H S
L R R L R L L R LL RR
&1 & 2 &3 &4 & 5 &6 &7 &8

STEP & HOP

DS Hop S Hop Ba Ba S (through arms above head with hop)
L L RR L R L
&1 & 2 & 3 & 4

TORNADO TURN

DS DS(xif) DS Loop(xib)S (1/2R) DS Loop(xib)S (1/2R) DS RS
L R L R R L R R L RL
&1 &2 &3 & 4 &5 & 6 &7 &8

STEP ABBREVIATIONS

R	ROCK	(f)	FRONT
S	STEP	(b)	BACK
H	HEEL	(xif)	CROSS IN FRONT
K	KICK	(xib)	CROSS IN BACK
T	TOE	(s)	SIDE
Br	BRUSH	(ux)	UN-CROSS
Sl	SLIDE	(fwd)	FORWARD
DS	DOUBLE STEP	(clk)	CLICK
RS	ROCK STEP	(up)	LIFT FOOT UP
DT	DOUBLE TOE	(wt)	TAKES WEIGHT
STA	STAMP (no weight)	(tw)	TWIST
STO	STOMP (takes weight)	(R)	DIRECTIONAL - RIGHT
DBL	Slower DT	(L)	DIRECTIONAL - LEFT
Tch	TOUCH	Ba	BALL OF YOUR FOOT