

## Ladies Choice

72 count, 2 wall, intermediate level

Choreographer: Al Vigus (UK) Aug 2007

Choreographed to: Ladies Choice by Zac Efron, Hairspray

- Original Motion Picture (120 bpm)

Dance begins after 16 count intro.

The first 8 counts of the dance changes at the beginning of each wall (4 changes in total)

**Section 1 First Wall      Syncopated Cross Touches, Hitch & Step x 2**

- 1 & 2 Tap Right toes over front of Left, Replace weight on Right, Tap Left toes over Right,  
& 3 & 4 Replace weight on Left, Tap Right toes over Left, Hitch Right knee, Step to right on Right foot.  
5 – 8 Repeat counts 1 – 4 leading with Left foot.

**Section 1 Second Wall      Kicks Forward, Side, Sailor Step x 2**

- 1 – 2 Kick Right across front of Left, Kick Right out to Right side.  
3 & 4 Cross Right behind Left, Step Left to left side, Step Right to right side.  
5 – 8 Repeat counts 1 – 4 leading with Left foot.

**Section 1 Third Wall      Syncopated Cross Touches, Hitch & Step, Kick Left Forward, Side, Sailor Step**

- 1 & 2 Tap Right toes over and in front of Left, Replace weight on Right, Tap Left toes over Right,  
& 3 & 4 Replace weight on Left, Tap Right toes over left, Hitch Right knee, Step to Right on Right foot.  
5 – 6 Kick Left across front of Right, Kick Left to left side.  
7 & 8 Step Left behind Right, Step Right to right side, Step Left to left side.

**Section 1 Fourth Wall      Kick Right Forward, Side, Sailor Step, Syncopated Cross Touches, Hitch & Step**

- 1 - 2 Kick Right across front of Left, Kick Right out to Right side.  
3 & 4 Cross Right behind Left, Step Left to left side, Step Right to right side.  
5 & 6 Tap Left toes over front Right, Replace weight on Left, Tap Right toes over Left,  
& 7 & 8 Replace weight on Right, Tap Left toes over Right, Hitch Left knee, Step to left on Left foot.

**Section 2 Chassis Right, Cross Rock, Hitch, Chassis Right, Cross Rock ¼ Turn Left, Hitch**

- 1 & 2 Step Right to Right side, Step Left next to Right, Step Right to Right side  
3 & 4 & Cross Left over Right, Rock back on Right, Step Left to Left side, Hitch Right knee.  
5 & 6 Repeat Counts 1 & 2  
7 & 8 & Cross Left over Right, Rock back on Right, Turn ¼ Turn Left stepping forward on Left foot,  
Hitch Right knee.

**Section 3 Right Lock, Triple Right Full Turn, Right Forward Mambo, In with Heels-Toes-Heels**

- 1 & 2 Step forward on Right, Lock Left foot behind Right, Step Forward on Right.  
3 & 4 Step forward on Left turn ½ turn over Right shoulder, Step back on Right turn ½ turn right,  
Step Left forward.  
5 & 6 Rock forward on Right, Replace weight on Left, Step right on Right. (Feet shoulder width apart)  
7 & 8 Bring Heels in, Bring Toes in, Bring Heels in together.

**Section 4 Right Side Rock, Behind, Side and Cross, Left Side Rock, Behind, Side and Step Forward**

- 1 – 2 Rock Right to right side, Replace weight on to Left  
3 & 4 Cross Right behind Left, Step Left to left side, Cross Right over Left.  
5 – 6 Rock Left to left side, Replace weight on to Right  
7 & 8 Cross Left behind Right, Step Right to right side, Step Left forward slightly.

**Section 5 Step, Pivot ½ Left, Right Forward Shuffle, Step, Pivot ½ Right, Left Forward Shuffle**

- 1 – 2 Step forward on Right, Pivot ½ turn left.  
3 & 4 Step forward on Right, Step Left next to Right, Step forward on Right.  
5 – 6 Step forward on Left, Pivot ½ turn right  
7 & 8 Step forward on Left, Step Right next to Left, Step forward on Left.

**Section 6 Cross, Step Back, Chassis Right, Cross, Step Back, Chassis Left ¼ Turn Left**

- 1 – 2 Cross Right over Left, Step back on Left.  
3 & 4 Step Right to right, Step Left next to Right, Step Right to right.  
5 – 6 Cross Left over Right, Step back on Right.  
7 & 8 Step Left to left, Step Right next to Left, Step Left to left turning ¼ turn to left.

**Section 7 Right & Left Heel Jacks ( Cross & Heel ), Switch Rock Forward, Shuffle ½ Turn Right**

- 1 & 2 Cross Right over Left, Step back slightly on Left, Touch Right heel diagonally forwards right.  
& 3 & 4 Bring Right next to Left, Cross Left over Right, Step back slightly on Right,  
Touch Left heel forwards & left.  
& 5 – 6 Step back on Left, Rock Forward on Right, Replace weight on Left.  
7 & 8 Step back on Right turn ¼ right, Step Left next to Right, Turn ¼ right step forward on Right.

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**Section 8 Cross, Step Back, Chassis Left, Cross Step Back Chassis Right ¼ Turn Right**

- 1 – 2 Cross Left over Right, Step back on Right.
- 3 & 4 Step Left to left, Step Right next to Left, Step Left to left.
- 5 – 6 Cross Right over Left, Step back on Left.
- 7 & 8 Step Right to right, Step Left next to Right, Step Right to right turning ¼ turn to right.

**Section 9 Left & Right Heel Jacks ( Cross & Heel ), Switch Rock Forward, Shuffle ¾ Turn Left**

- 1 & 2 Cross Left over Right, Step back slightly on Right, Touch Left heel diagonally forwards left.
- & 3 & 4 Bring Left next to Right, Cross Right over Left, Step back slightly on Left,  
Touch Right heel forwards & right.
- & 5 – 6 Step back on Right, Rock Forward on Left, Replace weight on Right.
- 7 & 8 Step back on Left turn ¼ left, Step Right next to Left, Turn ½ left step forward on Left.

Start Over....don't forget the different beginnings!

GIVE IT A GO - IT'S NO WHERE NEAR AS DIFFICULT AS IT LOOKS!

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Music download available from iTunes; Napster

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Linedancer Magazine, 166 Lord Street, Southport, United Kingdom, PR9 0QA  
Tel: +44 (0)1704 392300 Fax: +44 (0)1704 501678