

Lady Marmalade (Moulin Rouge)

Count: 32

Wall: 2

Level: Improver Cha Cha Cha

Choreographer: Lucas Mahnke (DE) - August 2026

Music: Lady Marmalade - Christina Aguilera, Lil' Kim, Mýa & P!nk



4 Restarts, 4 Tags

The dance starts with the upbeat on "go sista" followed by count 1 "He met Marmelade..."
Before wall 1 starts with an upbeat on count 4-& (see S4 - full-turn right on right ball).

S1 (1-8): Side right, check/rock forward left, sailor step, cucaracha (r+l), chassé ¼ turn (r)

- (4-&)-1 (step right to right - full-turn (r) on right ball into count 1) - right to right
- 2-3 step left forward (check/rock forward) - recover weight back to right foot
- 4-&-1 cross left behind right - step right to left foot - step left to left
- 2-3 hip roll/bump right - hip roll/bump left
- 4-&-1 step right to right - close left to right - ¼ turn (r) stepping right forward (3:00)

S2 (9-16): ½ step-turn (r), ½ lockstep-turn (r), ¼ turn (r) side-step, cross-side & cucaracha (r+l)

- 2-3 step left forward - ½ turn (r) on both balls, weight at the end on right foot (9:00)
- 4-&-1 ¼ turn (r) step left to left - ¼ turn (r) cross right over left - step left back (3:00)
- 2-3 ¼ turn (r) step right to right (6:00) - cross left over right
- 4-&-1 step right to right pushing hips right - hips left - recover weight to right foot

Restart after 16 counts on wall 3 facing 6:00, wall 6 facing 12:00

S3 (17-24): Double Cuban breaks (checks) left, ¼ turn (l), ½ step-turn (l), ¼ turning chassé (l)

- 2-&-3-& cross left over right - recover weight to right - touch left to left - recover weight to right
- 4-&-1 cross left over right - recover weight to right foot - step left to left
- 2-3 ¼ turn (l) step right forward (3:00) - ½ turn (l) on both balls, weight left at the end (9:00)
- 4-&-1 ¼ turn (l) step right to right - close left to right - step right to right (6:00)

Restart after 24 counts on wall 1 facing 6:00, wall 4 facing 12:00

S4 (25-32): Cross (l), ¾ turn (r), lockstep (l), rock-step-recover with ¼ turn (r), side-step with full-turn (r)

- 2-3 cross left over right (weight on left foot) - ¾ step-turn (r), weight right at the end (3:00)
- 4-&-1 step left forward - lock right behind left - step left forward
- 2-3 step right forward - ¼ turn (r) recover weight to left foot (6:00)
- 4-& step right to right - full-turn (r) on right ball into count 1 on new wall

Tag after wall 2, 8 & 12 facing 12:00 and wall 5 facing 6:00

Tag (1-4): Side right, Cuban Breaks (l+r)

- 1 step right to right (landing from entry turn)
- 2-&-3 cross left over right - recover weight to right - step left to left
- 4-& cross right over left - recover weight to left foot - start new wall with step to right side (1)