# Jamie Laing and Sophie Habboo cheekily break Buckingham Palace filming rules with royal dance tribute



Jamie Laing and his pregnant wife Sophie Habboo recently sparked a social media buzz when they appeared to flout Buckingham Palace protocol by filming a lighthearted Instagram video inside the royal residence. The couple, who are expecting their first child, cheekily recreated the late Duke and Duchess of Sussex’s famous "Baby Mama" dance on the Grand Staircase, an iconic location that has been walked by British monarchs and members of the royal family for centuries.

The video, set to the song "Baby Mama" by Starrkeisha, mirrored the viral clip Meghan Markle shared four years ago while in the delivery suite, dancing with Prince Harry shortly before the birth of their daughter, Princess Lilibet. Jamie captioned the clip with the playful remark, "They said we couldn't film in Buckingham Palace," indicating a conscious decision to ignore the ban on photography and filming inside the Palace during the King's Trust event.

Although this was a clear breach of the established royal rules, the response from palace insiders and the Royal Family's official Instagram account was surprisingly forgiving and amused. The Royal Family’s Instagram commented on the video with a witty, “We see you” and accompanying eye and wink emojis, signalling a light-hearted acknowledgement rather than a reprimand. The King's Trust, the charity organisation hosting the event, also chimed in with humour, praising the guests for their good behaviour.

However, not everyone was as amused. Presenter Fearne Cotton, who also attended the awards, criticised the couple for using flash photography inside the Palace, warning of the potential damage to priceless artworks. A palace aide later told the Mail the dance was done in good spirit and praised Jamie for his support of the King's Trust Awards, while hinting that such antics would not be encouraged as standard behaviour. The aide suggested Jamie might consider a visit to the Tower of London for a change of scenery, adding a further touch of royal humour.

The King's Trust itself is a long-established charity, founded by King Charles in 1976 during his time as Prince of Wales, aimed at supporting disadvantaged young people to access education, work, and training opportunities. It is regarded as one of the most effective charities of its kind, having supported over a million young people to date.

The couple’s playful breach of etiquette came a day after they had been invited to Buckingham Palace to meet King Charles at a private reception, indicating their acceptance within royal social circles despite their cheeky escapade. The next day, the couple attended the star-studded King's Trust and TKMaxx & Homesense Awards held at London’s Royal Festival Hall, where Sophie proudly showcased her baby bump in a striking yellow dress. Among the prestigious attendees were Hollywood actor George Clooney and his human rights lawyer wife Amal, who led the parade of celebrities at the event.

Jamie Laing’s public display and good-natured teasing of royal history has added a fresh, modern twist to the traditional proceedings around the royal family and their charitable functions. While the couple’s antics might have been seen as irreverent, the warm reception from both palace aides and the official Royal Family channels showed that, at least on this occasion, irreverence was met with humour and good grace.

### 📌 Reference Map:

* Paragraph 1 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14850745/Jamie-Laing-pregnant-wife-Sophie-Habboo-breach-Buckingham-Palace-Kings-Trust-Awards.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://honey.nine.com.au/royals/jamie-laing-sophie-habboo-recreate-meghan-markle-twerking-dance-buckingham-palace-royal-family-responds/7fcbb9b3-808a-4271-8aa5-9e895174dc02), [[3]](https://www.independent.co.uk/bulletin/lifestyle/jamie-sophie-harry-meghan-dance-b2777086.html), [[4]](https://www.independent.co.uk/tv/lifestyle/sophie-habboo-jamie-laing-harry-meghan-video-b2777077.html), [[5]](https://www.news.de/promis/858730293/jamie-laing-nimmt-meghan-und-harry-aufs-korn-influencer-tanzen-im-buckingham-palace-baby-momma-clip-nach/1/)
* Paragraph 2 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14850745/Jamie-Laing-pregnant-wife-Sophie-Habboo-breach-Buckingham-Palace-Kings-Trust-Awards.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[2]](https://honey.nine.com.au/royals/jamie-laing-sophie-habboo-recreate-meghan-markle-twerking-dance-buckingham-palace-royal-family-responds/7fcbb9b3-808a-4271-8aa5-9e895174dc02), [[3]](https://www.independent.co.uk/bulletin/lifestyle/jamie-sophie-harry-meghan-dance-b2777086.html), [[4]](https://www.independent.co.uk/tv/lifestyle/sophie-habboo-jamie-laing-harry-meghan-video-b2777077.html), [[5]](https://www.news.de/promis/858730293/jamie-laing-nimmt-meghan-und-harry-aufs-korn-influencer-tanzen-im-buckingham-palace-baby-momma-clip-nach/1/)
* Paragraph 3 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14850745/Jamie-Laing-pregnant-wife-Sophie-Habboo-breach-Buckingham-Palace-Kings-Trust-Awards.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[5]](https://www.news.de/promis/858730293/jamie-laing-nimmt-meghan-und-harry-aufs-korn-influencer-tanzen-im-buckingham-palace-baby-momma-clip-nach/1/)
* Paragraph 4 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14850745/Jamie-Laing-pregnant-wife-Sophie-Habboo-breach-Buckingham-Palace-Kings-Trust-Awards.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)
* Paragraph 5 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14850745/Jamie-Laing-pregnant-wife-Sophie-Habboo-breach-Buckingham-Palace-Kings-Trust-Awards.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)
* Paragraph 6 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14850745/Jamie-Laing-pregnant-wife-Sophie-Habboo-breach-Buckingham-Palace-Kings-Trust-Awards.html?ns_mchannel=rss&ns_campaign=1490&ito=1490), [[7]](https://uk.style.yahoo.com/sophie-habboo-announced-she-expecting-084351371.html)
* Paragraph 7 – [[1]](https://www.dailymail.co.uk/tvshowbiz/article-14850745/Jamie-Laing-pregnant-wife-Sophie-Habboo-breach-Buckingham-Palace-Kings-Trust-Awards.html?ns_mchannel=rss&ns_campaign=1490&ito=1490)

Source: [Noah Wire Services](https://www.noahwire.com)

## Bibliography

1. <https://www.dailymail.co.uk/tvshowbiz/article-14850745/Jamie-Laing-pregnant-wife-Sophie-Habboo-breach-Buckingham-Palace-Kings-Trust-Awards.html?ns_mchannel=rss&ns_campaign=1490&ito=1490> - Please view link - unable to able to access data
2. <https://honey.nine.com.au/royals/jamie-laing-sophie-habboo-recreate-meghan-markle-twerking-dance-buckingham-palace-royal-family-responds/7fcbb9b3-808a-4271-8aa5-9e895174dc02> - Jamie Laing and Sophie Habboo recreated Meghan and Harry's viral 'Baby Mama' dance inside Buckingham Palace, prompting a humorous response from the Royal Family's official Instagram account: 'We see you 👀😉'. ([honey.nine.com.au](https://honey.nine.com.au/royals/jamie-laing-sophie-habboo-recreate-meghan-markle-twerking-dance-buckingham-palace-royal-family-responds/7fcbb9b3-808a-4271-8aa5-9e895174dc02?utm_source=openai))
3. <https://www.independent.co.uk/bulletin/lifestyle/jamie-sophie-harry-meghan-dance-b2777086.html> - Jamie Laing and Sophie Habboo parodied Meghan and Harry's hospital dance inside Buckingham Palace, set to the song 'Baby Mama' by Starrkeisha. ([independent.co.uk](https://www.independent.co.uk/bulletin/lifestyle/jamie-sophie-harry-meghan-dance-b2777086.html?utm_source=openai))
4. <https://www.independent.co.uk/tv/lifestyle/sophie-habboo-jamie-laing-harry-meghan-video-b2777077.html> - Jamie Laing and Sophie Habboo mocked Meghan and Harry's hospital twerk at Buckingham Palace, with both dances set to 'Baby Mama' by Starrkeisha. ([independent.co.uk](https://www.independent.co.uk/tv/lifestyle/sophie-habboo-jamie-laing-harry-meghan-video-b2777077.html?utm_source=openai))
5. <https://www.news.de/promis/858730293/jamie-laing-nimmt-meghan-und-harry-aufs-korn-influencer-tanzen-im-buckingham-palace-baby-momma-clip-nach/1/> - Jamie Laing and Sophie Habboo danced in Buckingham Palace, parodying Meghan and Harry's viral 'Baby Momma' clip. The Royal Family and King's Trust responded with humour. ([news.de](https://www.news.de/promis/858730293/jamie-laing-nimmt-meghan-und-harry-aufs-korn-influencer-tanzen-im-buckingham-palace-baby-momma-clip-nach/1/?utm_source=openai))
6. <https://www.ok.co.uk/celebrity-news/jamie-laing-sophie-habboo-hospital-25756716> - Jamie Laing provided an update on fiancée Sophie Habboo's health after her hospital visit, sharing a now-deleted video of her emotional recovery. ([ok.co.uk](https://www.ok.co.uk/celebrity-news/jamie-laing-sophie-habboo-hospital-25756716?utm_source=openai))
7. <https://uk.style.yahoo.com/sophie-habboo-announced-she-expecting-084351371.html> - Sophie Habboo announced she is expecting her first child with husband Jamie Laing, sharing a video from her first pregnancy scan. ([uk.style.yahoo.com](https://uk.style.yahoo.com/sophie-habboo-announced-she-expecting-084351371.html?utm_source=openai))