

Disco Defenders

Count: 64

Wall: 2

Level: Intermediate

Choreographer: Peter Metelnick (UK) & Alison Metelnick (UK) - June 2008

Music: We Keep On Rockin' - Alcazar : (CD: Absolute Music 57)



After the drums really kick in start after 16 count intro on main vocal – approximately 23 seconds into song

(1-8) R wizard, L rocking chair, L wizard

- 1-2& Step R forward on right diagonal, step L behind R, step R forward
- 3-6 Rock L forward, recover weight on R, rock L back, recover weight on R
- 7-8& Step L forward on L diagonal, step R behind L, step L forward

(9-16) R fwd rock & recover, R full turn back, R rock back & recover, R kick ball change

- 1-2 Rock R forward, recover weight on L
- 3-4 Turning ½ right step R forward, turning ½ right step L back

Easier option for 3-4: walk back 2 – R & L

- 5-6 Rock R back, recover weight on L
- 7&8 Kick R forward, step R together, step L slightly forward

(17-24) ¼ R heel grind, R coaster cross, L side rock & recover, L behind, R side, L together

- 1-2 Touch R heel forward, grind R heel out & turn ¼ right (weight remains on L)
- 3&4 Step R back, step L together, cross step R over L
- 5-6 Rock L side, recover weight on R
- 7&8 Cross step L behind R, step R side, step L slightly forward (facing 3 o'clock)

(25-32) ½ R monterey, L side shuffle, R cross rock & recover, ¼ R shuffle

- 1-2 Touch R toes side, turning ½ right step R together
- 3&4 Step L side, step R together, step L side
- 5-6 Cross rock R over L, recover weight on L
- 7&8 Turning ¼ right step R forward, step L together, step R forward (facing 12 o'clock)

Ending: On final wall at this point step L forward & strike a pose!

(33-40) Syncopated steps with ¼ R turn, R kick ball side touch & switches, ¼ R hook turn

- 1-2 Step L forward, touch R together
- &3&4 Turning ¼ right step R back, touch L heel forward, step L together, touch R together
- 5&6& Kick R forward, step R together, touch L toes to side, step L together
- 7-8 Touch R toes to side, turning ¼ right hook R (facing 6 o'clock)

(41-48) R fwd shuffle, L fwd rock & recover, L coaster step, R kick ball cross

- 1&2 Step R forward, step L together, step R forward
- 3-4 Rock L forward, recover weight on R
- 5&6 Step L back, step R together, cross step L over R
- 7&8 Kick R forward, step R back, cross step L over R

Restart: DURING the 2nd wall of the dance at this point you will be facing the front. Restart here.

(49-56) ¾ R turn, R coaster, L kick & apart, R weave 2

- 1-2 Turning ¼ right step R forward, turning ½ right step L back
- 3&4 Step R back, step L together, step R forward
- 5&6 Kick L forward, step L apart, step R slightly apart
- 7-8 Cross step L over R, step R to side (facing 3 o'clock)

(57-64) R weave 2, L cross rock & recover, ¼ L shuffle, R fwd, ½ L pivot

- 1-4 Cross step L behind R, step R to side, cross rock L over, recover weight on R

5&6 Turning $\frac{1}{4}$ left step L forward, step R together, step L forward
7-8 Step R forward, pivot $\frac{1}{2}$ left (facing 6 o'clock)

Tags: At END of the 4th & 6th walls (you will be facing front when you execute tag) do the following before starting the dance again:

1-4 Step R slightly forward, hold & clap! step L slightly forward, hold & double clap!
