

# Disco Rhythm

**Compte:** 48

**Mur:** 4

**Niveau:** Beginner

**Chorégraphe:** Mary Frances Chua (MY) - November 2011

**Musique:** Sexy Music - The Nolan Sisters



**Intro: 32 count**

**S1: 2X ( Toe Point out, in, out, together )**

- 1 R toe point to right side ( L hand on waist, R hand point diagonally upward)
- 2 R toe touch next to L ( L hand on waist, R hand point downwards towards L )
- 3 ( repeat count 1 )
- 4 R step together next to L ( both hands down to sides )
- 5-8 Mirror on Left

**S2: 2X ( Forward Toe, Step, Toe, Step )**

- 1-2 R fwd toe, step
- 3-4 L fwd toe, step
- 5-8 Repeat count 1-2, 3-4 ( snap fingers on even count 2, 4, 6, 8 )

**S3: 2X ( Side step, Together, Side, Touch )**

- 1-2 R step to right side, L together
- 3-4 R step to side, L touch beside R
- 5-8 Mirror on Left ( fist-rolling clockwise for Section 3 )

**S4: 4X ( Diagonal Step Back, Touch )**

- 1-2 R diagonal step back, L touch beside R with clapping hands
- 3-4 L diagonal step back, R touch beside L with clapping hands
- 5-8 Repeat count 1-2, 3-4

**RESTART at 6.00 wall**

**S5: 2X ( Forward Heel, Back Toe Point ), ¼ Right Jazz Box Cross**

- 1-4 Twice R heel fwd, R back toe point ( weight on left )
- 5-6 R step fwd, ¼ right turn [3.00] L step back
- 7-8 R step together, L cross over R

**S6: Hip Bump, Hip Sway, Flick**

- 1&2 Small R hip bump, R L R ( hand styling on right side )
- 3&4 Small L hip bump, L R L ( hand styling on left side )
- 5-6 Sway hip , R L ( both hands sway R L )
- 7-8 Sway hip , R L with a quick R leg flick to the back ( both hands sway R L )

**ENDING: At 9.00 wall, complete Section 1.**

**At Section 2, R toe-step (1-2), L toe-step with a ¼ right turn to face 12.00 and pose with weight on left, R hand point diagonally upward and L hand on waist.**

**Have FUN and ENJOY the music & dance!**