

Ordinary Disco

COPPER KNOB
STEPSHEETS

拍数: 64
编舞者: Ping Chen (CN) - March 2018
音乐: 《Ordinary Disco》 by Mario

墙数: 4

级数: Phrased Improver



Sequence: BAA BAA AA Tag AAB

Intro: 16 counts

A: 32 counts

A[1-8] FORWARD, KICK, COASTER, SIDE ROCK, 1/8 L SAILOR STEP

1 2 Step R forward, Kick L forward,
3&4 Step L back, Step R next to L, Step L forward,
5 6 Rock R to R side, Recover to L,
7&8 Step R behind L, Turn 1/8 L step L beside R, Step R to R side

A[9-16] ROCK FORWARD, PONY STEP BACK L&R, 3/8 L SAILOR STEP

1 2 Rock L forward, Recover to R,
3&4 Step L back and popping R knee forward, Recover to R, Step L back and popping
R knee forward,
5&6 Step R back and popping L knee forward, Recover to L , Step R back and
popping L knee forward,
7&8 Step L behind R, Turn 3/8 L step R next L, Step R forward,

A[17-24] HEEL GRIND R, 1/4 R BACK, SIDE, CROSS, "V-STEP" x2

1 2 Heel R forward and toes towards to L, Swivel toes to R and turn 1/4 R step L back,
3 4 Step R to R, Cross L over R,
&5&6 Step R to R side, Step L to L side, Step R back, Step L together,
&7&8 Step R to R side, Step L to L side, Step R back, Step L together,

A[25-32] SIDE, TOGETHER, SIDE, TOUCH, SIDE, TOGETHER, SIDE, TOUCH,

1 2 Step R to R side, Step L next to R,
3 4 Step R to R side, Touch L next to R
5 6 Step L to L side, Step R next to L,
7 8 Step L to L side, Touch R next to L,

B: 32 counts

B[1-8] VINE, HIP BUMP, STEP TOGETHER,

1 2 3 4 Step R to R, Step L behind R, Step R to R side, Cross L over R,
5 6 7 8 Touch R to diagonal R and hips bump R, L,R , Step R next to L,

B[9-16] VINE, HIP BUMP, STEP TOGETHER,

1 2 3 4 Step L to L , Step R behind L, Step L to L , Cross R over L,
5 6 7 8 Touch L to diagonal L and hips bump L,R ,L, Step L next to R,

B[17-24] STEP, TOGETHER, STEP, TOUCH, STEP, TOGETHER, STEP, TOUCH,

1 2 3 4 Step R to diagonal R, Step L next R, Step R to diagonal R, Touch L next to R,
5 6 7 8 Step L to diagonal L, Step R next L, Step L to diagonal L, Touch R next to L,

B[25-32] BACK, BACK, BACK, BACK, PADDLE FULL TURN L

1 2 Step R back and popping L knee forward, Step L back and popping R knee forward,
3 4 Step R back and popping L knee forward, Step L back and popping R knee forward,
5 6 Touch R forward and turn 1/4 L, Touch R forward and turn 1/4 L,
7 8 Touch R forward and turn 1/4 L, Touch R forward and turn 1/4 L,

Tag:

[1-2] SWAY

1 2 Step R to R and sway your body to R, Sway your body to L

REPEAT

HAVE YOUR FUN!

Chenping660803@outlook.com 陈萍
