

# Foxtrot and Disco

**COPPER** KNOB  
STEPPERS

拍数: 32                      墙数: 0                      级数: Absolute Beginner  
编舞者: Jim Collins (USA) - July 2020  
音乐: I've Got You Under My Skin - Carly Simon : (Album: Moonlight Serenade)



Start on vocals at 14 seconds.

## FOXTROT MUSIC

Alt: "You're Nobody Till Somebody Loves You" by Dean Martin; Nice and Easy, (2:14),

Start on vocals "You're..." at 8 seconds

Alt.: "The Way You Look Tonight" by Frank Sinatra; Days of Wine and Roses, Moon River and Other Academy Award Winners, (3:22) (start at 14 seconds, just before vocals "some day")

## DISCO MUSIC

Hot Stuff by Donna Summer, on On the Radio Greatest Hits, Vol. I & II, 1979, 2:55; start at 16 seconds with vocals "sittin' here....."

Love Rollercoaster by Ohio Players on Love Funk, 2000, 2:52; start at 16 seconds with vocals "Rollercoaster..."

Get down on it by Kool and the Gang on GOLD, 2005, 4:50; start at 26 seconds with main chorus "get down on it..."

### Section I (S,S) Rock/Recover\*, (Q,Q,Q,Q) Right Lock Step\*\*, Brush

1-4                      (S,S) Step right diagonally forward (1,2), Recover on left (3,4),  
5-6                      (Q,Q) Step right diagonally forward (5), lock left behind right (6)\*,  
7-8                      (Q,Q) Step right forward (7), brush left next to right (8)

### Section II (S,S)Rock/Recover\*, (Q,Q,Q,Q) Left Lock Step\*\*, Brush

1-4                      (S,S) Step left diagonally forward (1,2), Recover on right (3,4),  
5-6                      (Q,Q) Step left diagonally forward (5), lock right behind left (6)\*,  
7-8                      (Q,Q) Step left forward (7), brush right next to left (8)

### Section III (Q,Q,Q,Q)Rocking Chair, (Q,Q,Q,Q) Vine Right\*\*\*

1-2                      (Q,Q) Rock right forward (1), recover on left (2),  
3-4                      (Q,Q) Rock right back(3), recover on left (4)  
5-6                      (Q,Q) Step right to right (5), step left behind right (6),  
7-8                      (Q,Q) Step right to right(7), touch left next to right (8)

### Section IV (Q,Q,Q,Q) Rocking chair, (Q,Q,Q,Q) Vine ¼ Left\*\*\*

1-2                      (Q,Q) Rock forward on left (1), recover on right (2)  
3-4                      (Q,Q) Rock back on left(3), recover on right(4)  
5-6                      (Q,Q) Step left to left (5), Step right behind left (6),  
7-8                      (Q,Q) Step left to left turning ¼ left(7), touch right next to left (8)

Begin again. Have fun!

\* Styling note: on first two counts lean forward to right in Section I and to the left in Section II.

\*\*Can do a 'step together' instead of a lock step for Absolute Beginners.

\*\*\* Add a turn on either/both of the rocking chairs/vines

Turn this into a partner dance in Sweetheart position and omit the turn on step 7 in section IV

Contact: [Seacoastlinedance@gmail.com](mailto:Seacoastlinedance@gmail.com)

YouTube: Seacoast Line Dance

