

When We Disco

拍数: 64 墙数: 1 级数: High Beginner
编舞者: CJ Falwns (KOR) - June 2021
音乐: When We Disco - J.Y. Park (박진영) & SUNMI (선미)



S1: Side Shuffle R, L x 2

1&2 Rf to side R (1), Close Lf beside Rf (&), Step Rf to side R (2)
3&4 Lf to side L (3), Close Rf beside Lf (&), Step Lf to side L (4)
5&6 Rf to side R (5), Close Lf beside Rf (&), Step Rf to side R (6)
7&8 Lf to side L (7), Close Rf beside Lf (&), Step Lf to side L (8)

S 2: Toe Strut R, L, L 1/2 Turn. Toe Strut R, L,

1-2 Toe touch forward on Rf (1), Heel drop on Rf (2)
3-4 Toe touch forward on Lf (3), Heel drop on Lf (4)
5-6 Toe touch forward on Rf (3), Heel drop on Lf (4)
7-8 Toe touch forward on Lf (7), Heel drop on Lf (8)

S3: Side Shuffle R, L x 2

1&2 Rf to side R (1), Close Lf beside Rf (&), Step Rf to side R (2)
3&4 Lf to side L (3), Close Rf beside Lf (&), Step Lf to side L (4)
5&6 Rf to side R (5), Close Lf beside Rf (&), Step Rf to side R (6)
7&8 Lf to side L (7), Close Rf beside Lf (&), Step Lf to side L (8)

S 4: Toe Strut R, L, L 1/2 Turn. Toe Strut R, L,

1-2 Toe touch forward on Rf (1), Heel drop on Rf (2)
3-4 Toe touch forward on Lf (3), Heel drop on Lf (4)
5-6 Toe touch forward on Rf (3), Heel drop on Lf (4)
7-8 Toe touch forward on Lf (7), Heel drop on Lf (8)

S5 : Side, Touch R.L. V step

1-2 Rf to side R Touch Lf
3-4 Lf to Side L Touch Rf
5-8 Rf diagonal forward. (5)Lf diagonal Forward.(6) Rf back(7) .Lftogether.(8)

S6 : Side, Touch R.L. V step

1-2 Rf to side R Touch Lf
3-4 Lf to Side L Touch Rf
5-8 Rf diagonal forward. (5)Lf diagonal Forward.(6) Rf back(7) .Lf together.(8)
(Raise your fingers up, raising your arms high above your head)

S7: Jumping Diagonal , .body move R.L

1 Both foot R Diagonal 1:30 jump with Put your hands up in the sky
2-4 Hold it with both hands and lower it with Pull your abs forward.
5 Both foot L Diagonal jump with Put your hands up in the sky
6-8 Hold it with both hands and lower it with Pull your abs forward.

S 8 : Jumping Diagonal , .body move R.L

1 Both foot R Diagonal 1:30 jump with Put your hands up in the sky
2-4 Hold it with both hands and lower it with Pull your abs forward.
5 Both foot L Diagonal jump with Put your hands up in the sky
6-8 Hold it with both hands and lower it with Pull your abs forward.

Tag

S 1 - Walk Rf,LfForward ,Walk TouchSide

- 1- 2 Walk RfForward Walk Lf Forward
- 3-4 Walk Rf Foward Left Side Lf Touch
- 5-6 Walk Lf Back Walk Rf Back
- 7-8 Walk Lf Back Right Side Rf Touch

S 2 - Walk Rf,LfForward ,Walk TouchSide

- 1- 2 Walk RfForward Walk Lf Forward
- 3-4 Walk Rf Foward Left Side Lf Touch
- 5-6 Walk Lf Back Walk Rf Back
- 7-8 Walk Lf Back Right Side Rf Touch

S 3 - Walk Diagonal Hold, Body ,Roll

- 1-2 Walk Rf Diagonal 1:30 Hold
- 3-4 Walk Lf Doagonal 10: 30 Hold
- 5-8 Forward Rf (5)Recover(6) Body Roll

S4 - Walk Diagonal Hold ½ Pivot, Step ½ Pivot

- 1-2 Walk Rf Diagonal Hold 1:30
 - 3-4 Walk Lf Diagonal Hold 10:30
 - 5-8 Rf Pivot1/2 Lf Recover Rf Pivot1/2 12:00
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