

Disco Duck

拍数: 32 墙数: 0 级数: Beginner
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音乐: Disco Duck (Pt. 1 Vocal) - Rick Dees And His Cast Of Idiots



Walk forward and back with hitches

- 1-2- Step forward right, left
- 3-4- Step forward right, small hitch up on left
- 5-6- Step back on left, step back on right
- 7-8- Step back on left, small hitch up on right

Rock step, recover, move forward, heel splits

- 1-2- Rock back on right, recover on left
- 3-4- Step forward right, left together next to right
- 5-6- Split heels apart, bring back together
- 7-8- Split heels apart, bring back together

(option for steps 5-8 shake your tailfeathers, hips right,right,left,left)

Finger points, arm rolls and flaps

- 1-2- Point right index finger point upward at angle to the right, Point downward at angle to the left with right index finger
- 3-4- Point right index finger point upward at angle to the right, Point downward at angle to the left with right index finger

(think John Travolta)

- 5-6- Make a fist with both hands and roll right fist over left fist twice
- 7-8- With both arms close to each side, elbows bent, raise both elbows out return to each side twice (option: split heels out and in with elbows)

1/2 turn, 1/4 turn, v-step

- 1-2- Step ball of right forward pivot 1/2 turn left
- 3-4- Step ball of right forward pivot 1/4 turn left
- 5-6- Step forward and out on right, step forward and out on left
- 7-8- Step back center on right, step left back next to right(weight on left)

Begin Again....
