

What's Disco (什么是迪斯科)

COPPER KNOB
STEPPERS

拍数: 112 墙数: 1 级数: Phrased Intermediate
编舞者: Xiang Gao (CN) - November 2021
音乐: Don't Ask Me Anymore What Disco Is (别再问我什么是迪斯科) - Zhang Qiang (张菁)



Phrasing: AB T1 BC CA T2 CC CC AB* T2

Intro: 32

Part A (32 counts) :

Set A1: Walk , Hold , Repeat

1-4 : Step RF fwd (1) (body facing 10 : 30 and look at 12:00) , hold (2) Step LF fwd (3) , hold (4)
5-8 : Repeat (1-4)

Set A2: Step , Bumps hip , Repeat , Hold

1-4 Step RF to R side and hip bumps R (1) , L-R-L (2-4) (facing 12 : 00)
5-8 hip bumps R-L-R(5-7), Hold (8) (Weight on RF)

Set A3: Walk , Hold , Repeat

1-4 : Step LF fwd (1) (body facing 1 : 30 and look at 12:00) , hold (2) , Step RF fwd (3) , hold (4)
5-8 : Repeat1-4

Set A4: Step , Humps hip , Repeat

1-4 Step LF to L side and hip bumps L (1) , R-L-R (2-4)
5-8 Hip bumps L-R-L-R (5-8) , (Weight on RF)

Part B (64 counts):

Set B1: Step , Close(2X) , Touch (4X)

1-4 : Step LF to L side(1), touch RF next to LF(2) (facing 10 : 30) , Repeat1-2
5-8 : Point RF to diagonal R (facing 1 : 30) (4X)

Set B2 : Stomp , Close (2X)

1-4 : Step RF to R side(1), touch LF next to RF(2) (facing 1 : 30) , Repeat1-2
5-8 : Point LF to diagonal L (facing 10 : 30) (4X)

Set B3 : Walk fwd , Hip Bumps,

1-4 : Step LF fwd (1) Step RF fwd (2) , Step LF fwd (3) , Step RF fwd (4)
5-8 Step LF to L side and hip bumps L-R-L- R (facing 12 : 00)

Set B4 : Walk Back, Full Turn

1-4 Step back on LF(1), Step back on RF(2), Step back on LF(3), Step back on RF (4)
5-8 Full turn L , L-R-L-R (12:00)

Set B5: Cross, Step , Hold, Recover, Cross, Touch

1-4 Cross RF over LF (1) , Step LF to L (2) , Hold (Bend your right knee , With Weight on LF) (3) , Recover on RF (Weight on RF) (4)
5-8 : Cross LF over RF (5) , Touch RF to R (6) , Cross RF over LF (7) , Touch LF to L (8)

Set B6: Walk Back,Touch,Walk Back, Touch , Recover, Hip bumps , Up, Down

1-4 : Step back on LF (1) , Touch RF to R side (2) , Step back on RF (3) , Touch LF to L side (4)

5&6&7&8 Recover on LF(Weight Change LF)and pumps Hip Down(5),Up (&) , Down (6) ,Up (&) , Down (7) ,Up (&) , Down (8) (Weight on LF)

Set B7: Step Side, Together, Repeat

1-4 Step RF to R side(1) , Touch LF next to RF (2) ,Step LF to L side (3) , touch RF next to LF (4)

5-8 : repeat (1-4)

Set B8: Step Side, Hold, hip bumps, Hold hip Bumps

1-4 : Step RF to R side(1) , Hold (2) , hip bumps To L(3),Hold (4)

5-8 : Hip bumps R-L-R-L

Part C: (16 counts)

Set C1:Jazzbox, Together,

1-4 Cross RF over LF (1) ,Step back on LF , (2) ,Step RF to R side(3) , Cross LF over RF (1)

5-8 Cross RF over LF (5) ,Step back on LF (6) ,Step RF to R side(7) , Step LF next to RF (8) (Weight on LF)

Set C2: 1/4Turn R, Next Touch, 1/4 Turn L, Next Touch,

1-4 : 1/4Turn R and Step RF to R side (1) , Touch LF next to RF (2) , Step LF to L side (3) , Touch RF next to LF (4) (3:00)

5-8 : 1/4Turn L and Step RF to R side(5) , Touch LF next to RF (6) , Step LF to L side(7) , Touch RF next to LF (8) (12:00)

TAG 1 (16 counts) :

Turn, Walk , Touch, Hold , recover, Hold , Hip bump , Up, Down

1-8 : 3/4 Turn With Walking R (1) , hold (2) , LF (3) , hold (4) , RF (5) , hold (6) , Touch L over R and Bend L knees (7) ,hold (8) (9 : 00)

9-16 : 3/8 Turn R with LF Recover (Put your weight on your left foot and make a sit pose , facing 1 : 30) (1) , Hold (2) , Hip bumps up (3) , down (&), up (4), down (&), 1/4 Turn L with RF Recover (Put your weight on your right foot and make a sit pose , facing10 : 30) (5) , Hold (6) , Hip bumps up (7),down (&), up (8),down (&)

TAG2 (32 counts) :

Turn , Walk , Touch, Hold ,Recover, Hold ,Hip bump , Up, Down

1-16 : RepeatT1

17-24 : 3/4 Turn Walking LF (1) , hold (2) , RF (3) , hold (4) , LF (5) , hold (6) , Touch R over L and Bend R knees (7) ,hold (8) (3 : 00)

25-32 : 3/8 Turn L , with RF recover (Put your weight on your right foot and make a sit pose , facing10 : 30) (1) , hold (2) , Hip bumps up (3) , down (&), up (4), down (&), 1/4 Turn R , with LF Recover (Put your weight on your Left foot and make a sit pose , facing1 : 30) (5) , hold (6) , Hip bumps up (7),down (&), up (8),down (&)

Instructions:

B*=33-64Counts of PartB

Have Fun !

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