

Ladies Night Disco

COPPER KNOB
STEPSHEETS

拍数: 32 墙数: 4 级数: High Beginner
编舞者: Helaine Norman (USA) - April 2022
音乐: Ladies Night - Atomic Kitten & Kool & The Gang



Intro: 32

Restart: 2 No Tags

I. Kick Ball Change X2; Walk X3, Point

1&2 Kick R forward, step on R ball, step L
3&4 Kick R forward, step on R ball, step L
5-8 Walk forward RLR, point L side

II. Weave, ¼ L Turn, Shuffle

1-4 Step L over, step R side, step L behind, step R side
5-6 Rock L over, recover to R
7&8 Make ¼ turn left, Step L forward, step R together, step L forward (9:00)

III. Cross Point X2; 1/2 R Turn Jazz Box

1-4 Step R over, point L side, step L over, point R side
***RESTART #1: Wall 3 facing 3:00**
5-6 Step R over, step L back making ¼ right turn (12:00)
7-8 Step R side making ¼ right turn (3:00), step L together

***RESTART #2: Wall 8 facing 12:00**

Note: Can easily hear the music change prompting the restart here.

IV. Point Step, Point Step; Disco Touches

1-2 Point R side, step R together
3-4 Point L side, step L together
5-6 Point R side, touch R together
7-8 Point R side, touch R together

Optional styling for 5-8: Use arms

1-2 Point R index finger up to R diagonal while moving hips L side, point R index finger down diagonally across body while moving hips R side
3-4 Repeat 1-2

REPEAT

Restart #1: After 20 counts facing 3:00

Restart #2: After 24 counts facing 12:00

Suggested ending: ¼ L Turn Shuffle

Will be facing 6:00 in Section 3. After 6 counts (the rock over, recover to R), make a ½ L turn shuffle (step L making ¼ turn left, step R together, step L forward making ¼ turn left (12:00)

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