Disco Granny

拍数: 32

级数: Beginner

编舞者: Sandy Kerrigan (AUS) - May 2022

音乐: Ladies Night (Cha Cha) - Ballroom Orchestra : (Hits for Ballroom Dancing/iTunes)

Dance Info: Dance starts -wt on L- 16 seconds in: Lyrics kick in when starting the 2nd Wall. BPM [120:00] Track Length 3:32 - Version 1:00 - No Tags or Restarts Step R to R, Cross L over R, Step Side, Kick L on the Diagonal, Step L to L, Cross R over L, Step Side, Point 1234 Step R to R, Cross/Step L over R, Step R to R, Kick L fwd to L45 (L Kick-R hand behind R Ear, looking Left, Left hand on L hip or Disco Hand Roll or both) 5678 Step L to L Side, Cross/Step R over L, Step L to L Side, Point R to R Side 12:00 Cross, Point, Cross, Point, Jazz Box Turning 1/4 R 3:00 1234 Cross R over L, Point L to L Side, Cross L over R, Point R to R Side 5678 Cross R over L, Step Back on L, Turning ¼ R-Step R to R Side, Step Fwd L (Finger Clicks on Cross Points) Walk Fwd R, L, R, Kick L Fwd, Walk Back L, R, L, Tap R to L 3:00 1234 Walk Fwd R, Fwd L, Fwd R, Kick L Fwd 5678 Walk Back L, Back R, Back L, Tap R next to L (When walking Fwd and Back - Shimmy your shoulders) Tap R toe to R Side, Tap R Fwd, Tap R toe to R Side, Tap R Back, Step R to R, Tap L Back, Step Side, Tap 3:0 1234 Tap R Toe to R Side, Tap R Fwd, Tap R Toe to R Side, Tap R back behind L 5678 Step R to R Side, Tap L Toe back behind R, Step L to L Side, Tap R next to L (or tap back)

[32]

Note: Hand Movements start from wall 2 onwards.

Optional hand movements above- 1st Section, 2nd Section, 3rd Section.

Go all the Grannies, including me...



COPPER KNOB

墙数:4