

Disco Cone

COPPER KNOB
STEPPERS

拍数: 32 墙数: 4 级数: Improver
编舞者: Ghufy (INA) - May 2024
音乐: Disco Cone (Take It High) (ft. WENZL) - Enisa



No Tag, No Restart

Start Dance : After 16 Count

#1 . WALK FORWARD - LOCK SHUFFLE - ROCK FORWARD - BACK SHUFFLE

1-2-3 Step R forward , Step L forward, Step R forward
4&5 Step L forward, R behind L , Step L forward
6-7 Step R forward ,recover on L
8&1 Step R back , L back over R , Step R back

#2. BACK ROCK - LOCK SHUFFLE - SWAY R/L – CHASSE

2-3 Step L back , recover on R
4&5 Step L forward ,R behind L , Step L forward
6-7 Sway R/ L
8&1 Step R to side ,step L beside R , Step R to side

#3. CROSS ROCK - CHASSE TO L - HOLD TO SIDE (2X) TURN ¼ L

2-3 Step L over R ,recover on R
4&5 Step L to side , R beside L , Step L to side
6&7 Hold , close on R , step L to side
8-&-1 Hold , close on R , step L forward, Turn ¼ to L (9 : 00)

#4. PIVOT ½ TURN TO L - LOCK SHUFFLE PIVOT ½ TURN TO R -KICK BALL STEP

2-3 Step R forward , turn 1/2 to L weight on R (3:00)
4&5 Step R forward , L Behind R , step R forward
6-7 Step L forward , turn 1/2 to R weight on L (9 : 00)
8-& Kick L forward , close beside R

Huve fun

Thank you
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