

Disc-Go-Round

拍数: 48 墙数: 4 级数:
编舞者: Vicki E. Rader (USA)
音乐: I Love the Nightlife - Scooter Lee



VINE, SHUFFLE TURN ¼, SHUFFLE TURN ¼, ROCK-STEP

1-2 Step right; step left behind right
3&4 Shuffle right side (right-left-right) turning ¼ right
5&6 Shuffle in place (left-right-left) turning ¼ right
7-8 Step back on right foot; rock forward onto left foot

VINE, SHUFFLE TURN ¼, SHUFFLE TURN ½, ROCK-STEP

9-10 Step right; step left behind left
11&12 Shuffle right side (right-left-right) turning ¼ right
13&14 Shuffle in place (left-right-left) turning ½ right
15-16 Step back on right foot; rock forward onto left foot

SHUFFLE, ROCK-ROCK, SHUFFLE, ROCK-ROCK

17&18 Shuffle forward (right-left-right)
19-20 Rock left onto left foot; rock right onto right foot
21&22 Shuffle forward (left-right-left)
23-24 Rock right onto right foot; rock left onto left foot

SAILOR SHUFFLES(3), ROCK-ROCK

25&26 Step right foot behind left and step left foot slightly to left; step right foot next to left
27&28 Step left behind right and step right foot slightly to left; step left foot next to right
29&30 Step right foot behind left and step left foot slightly to left; step right foot next to left
31-32 Rock left onto left foot; rock right onto right foot

REVERSING JAZZ SQUARES (LEFT & RIGHT)

33-34 Step left foot across right; step back on right
35-36 Step back on left; touch right foot next to left
37-38 Step right foot across left; step back on left
39-40 Step back on right; step (with weight) left foot next to right

KICK-BALL-CHANGE, SHUFFLE, STEP FORWARD, TAP, STEP FORWARD, PIVOT ½

41&42 Kick right foot forward and step back on ball of right foot; change weight to left foot
43&44 Shuffle forward (right-left-right)
45-46 Step forward on left foot; tap right toe next to left
47&48 Step forward on right foot; pivot ½ left

REPEAT