

# Disco Boogie

拍数: 40      墙数: 1      级数: Beginner level - Chair dance  
编舞者: Rosalee Musgrave (USA) - July 2007  
音乐: D.I.S.C.O - Countdown



Another music: My Boogie Shoes by K. C. & The Sunshine Band

Position: instructor sit facing chair dancers and ask them to mirror your motions

## RIGHT AND LEFT SHOULDER ROLLS

1-2      Roll right shoulder from front to back  
3-4      Roll left shoulder from front to back  
5-8      Repeat above counts 1-4

## RIGHT AND LEFT DISCO POINTS

1-2      Point right arm with pointer finger extended diagonally right 2 times  
3-4      Repeat  
5-6      Point left arm with pointer finger extended diagonally left 2 times  
7-8      Repeat

## RIGHT AND LEFT HAND CROSSES

1-2      Cross right hand over left 2 times (hands open with palms facing floor)  
3-4      Cross left hand over right 2 times  
5-8      Repeat above counts 1-4

## TOUCH RIGHT AND LEFT FISTS TOGETHER

1-2      Making a fist with both hands touch right fist on top of left 2 times  
3-4      Making a fist with both hands touch left fist on top of right 2 times  
5-8      Repeat 1-4

## HITCH HIKE MOTIONS RIGHT AND LEFT

1-2      Right hand in a fist with right thumb up making 2 hitch hiking motions to right side  
3-4      Repeat  
5-6      Left hand in a fist with left thumb up making 2 hitch hiking motions to left side  
7-8      Repeat

## REPEAT

## OPTION:-

### S1: RIGHT AND LEFT FIST ROLLS (Option #2)

1 – 2 Make fists & roll fists around each other at Right diagonal  
3 – 4 Make fists & roll fists around each other at Left diagonal  
5 – 6 Repeat 1 – 2  
7 – 8 Repeat 3 – 4

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