

Disco Volante

拍数: 64 墙数: 2 级数: Improver
编舞者: TeeKay (NL) - October 2008
音乐: Disco Volante - Fredrik Kempe : (CD: Trust me, My love)



Stomp, Stomp, Cross, Step, Cross Rock, Step, Heel touch, Step, Cross, Step

1,2& RF stomp/press 2 times diagonally right forward, RF step next to LF
3,4 LF cross over RF, RF step to right side
5&6 LF rock behind RF, weight back on RF, LF touch heel diagonally to left side
&7,8 LF step back, RF cross over LF, LF step to left side

Rock Step, Shuffle, Shuffle ½ Turn Right, Rock Step

1,2 RF rock back, weight back on LF
3&4 Shuffle forward RF, LF, RF
5&6 Shuffle forward and turn ½ right LF, RF, LF
7,8 RF rock back, weight back on LF (06:00)

Syncopated Mambo Step, Side Rock, Cross & Cross, Monterey Turn

1,2& RF rock to right side, weight back on LF, RF step next to LF
3,4 LF rock to left side, weight back on RF
5&6 LF cross over RF, RF step to right side, LF cross over RF
7,8 RF touch to right side, make ½ turn right and RF close next to LF (12:00)

Touch, Hold, Step, Rock Step, Coaster Step, Step, Step ¼ Turn

1,2& LF touch to left side, hold, LF step next to RF
3,4 RF rock forward, weight back on LF
5&6 RF step back, LF step next to RF, RF step forward
7,8 LF step forward, LF+ RF make ¼ turn right (03:00)

Sailor Step, Sailor Step, Lock Step, Step, ½ Turn

1&2 RF cross behind LF, LF step back, RF step to right side
3&4 LF cross behind RF, RF step back, LF step to left side
5&6 RF step forward, LF lock behind RF, RF step forward
7,8 LF step forward, make ½ turn right on LF and sweep RF back (09:00)

Rock Step, Kick Ball Step, Hitch With 1/8 Turn R, Hitch With 1/8 Turn R, Rock Step

1,2 RF rock back, weight back on LF
3&4 RF kick forward, step next to LF on ball RF, LF step forward
5,6 RF hitch knee making 1/8 turn right, RF hitch knee making 1/8 turn right
7,8 RF rock back, weight back on LF (12:00)

½ Turn L, ½ Turn L, Shuffle, Step Pivot, Shuffle

1,2 Make ½ turn left stepping RF back, make ½ turn left stepping LF forward
3&4 Shuffle forward RF, LF, RF
5,6 LF step forward, LF + RF make ½ turn right
7&8 Shuffle forward LF, RF, LF (06:00)

Walk, Walk, Step, Walk, Walk, Stomp, Stomp, Step, Cross, Step

1,2& RF walk forward, LF walk forward, RF step next to LF
3,4 LF walk forward, RF walk forward
5,6& LF stomp/press 2x times diagonally left forward, LF step next to RF
7,8 RF cross over LF, LF step to left side

Start again!

(During the slower part of the music, slow down your feet so the dance will still phrase with the music)
