

# Disco Rhythm

拍数: 48                      墙数: 4                      级数: Beginner  
编舞者: Mary Frances Chua (MY) - November 2011  
音乐: Sexy Music - The Nolan Sisters



Intro: 32 count

**S1: 2X ( Toe Point out, in, out, together )**

1                      R toe point to right side ( L hand on waist, R hand point diagonally upward)  
2                      R toe touch next to L ( L hand on waist, R hand point downwards towards L )  
3                      ( repeat count 1 )  
4                      R step together next to L ( both hands down to sides )  
5-8                    Mirror on Left

**S2: 2X ( Forward Toe, Step, Toe, Step )**

1-2                    R fwd toe, step  
3-4                    L fwd toe, step  
5-8                    Repeat count 1-2, 3-4 ( snap fingers on even count 2, 4, 6, 8 )

**S3: 2X ( Side step, Together, Side, Touch )**

1-2                    R step to right side, L together  
3-4                    R step to side, L touch beside R  
5-8                    Mirror on Left ( fist-rolling clockwise for Section 3 )

**S4: 4X ( Diagonal Step Back, Touch )**

1-2                    R diagonal step back, L touch beside R with clapping hands  
3-4                    L diagonal step back, R touch beside L with clapping hands  
5-8                    Repeat count 1-2, 3-4

**RESTART at 6.00 wall**

**S5: 2X ( Forward Heel, Back Toe Point ), ¼ Right Jazz Box Cross**

1-4                    Twice R heel fwd, R back toe point ( weight on left )  
5-6                    R step fwd, ¼ right turn [3.00] L step back  
7-8                    R step together, L cross over R

**S6: Hip Bump, Hip Sway, Flick**

1&2                    Small R hip bump, R L R ( hand styling on right side )  
3&4                    Small L hip bump, L R L ( hand styling on left side )  
5-6                    Sway hip , R L ( both hands sway R L )  
7-8                    Sway hip , R L with a quick R leg flick to the back ( both hands sway R L )

**ENDING: At 9.00 wall, complete Section 1.**

**At Section 2, R toe-step (1-2), L toe-step with a ¼ right turn to face 12.00 and pose with weight on left, R hand point diagonally upward and L hand on waist.**

**Have FUN and ENJOY the music & dance!**