

Mash Up

拍數: 64 牆數: 4 級數: Improver
編舞者: Laura Sway (UK) - March 2015
音樂: Generation Disco Medley by Best Of Disco Medleys (3:50)



Notes: get singing to the old classics.

[1-8] Grapevine right, step across, right Chasse, rock back , recover.

1234- Step right to right side, step left behind right, step right to right side, step left across right.
5&6 78- step right to right side, step left to right, step right to right side. Rock back on the left, recover weight onto right.

[9-16] Grapevine left, step across, left Chasse, rock back, recover.

1234- Step left to left side , step right behind left, step left to left side, step right across left.
5&6 78- step left to left side, step right to left, step left to left side. Rock back on the right, recover weight onto left.

(RESTART wall 4)

[17-24] Step right, kick left, step left, kick right, jazz box, scuff.

1234- step right to right side, kick left diagonally forward across right. Repeat to the left.
(Tag here on wall 7)
5678- step right across left, step back on the left, step right slightly to right side, scuff left forward.

[25-32] Step ½ turn right step, clap. Step ¼ turn left step, clap.

1234- step forward on the left, pivot ½ over right shoulder, step forward on the left, clap.
5678- step forward on the right, pivot ¼ over left shoulder, step forward on the right, clap.

[33-40] Walk forward x3, kick right, walk back x2, right coaster step.

1234- walk forward left, right, left. Kick right forward.
56 7&8 - walk back right, left. Step back on the right, step left to right, step forward on the right.

[41-48] point side, hitch, point side, flick, grapevine left, touch.

1234- point left to left side, hitch left knee up, point left to left side, flick left leg behind.
5678- step left to left side, step right behind left, step left to left side, touch right beside left.

[49-56] Turning vine right, touch, step side, touch , step side, touch (rolling arms in front of body)

1234- making a full turn travelling to the right step right, left, right, touch left beside right.
5678- step left to left side, touch right slightly to right side, step right to right side, touch left slightly to left side.

[57-64] rock forward recover, shuffle ½ left, jump out out, clap, hip bumps x2

12 3&4- rock forward on the left, recover weight onto right. Making ½ turn over left shoulder, step forward on the left, step right to left, step forward on the left.
&56 78- Jump right out, then left out, clap. Bump hips to the right, bump hips to the left.

TAG – (end of wall 5 & wall 7 after 20 counts)

[1-4] right jazz box with a cross.

1234- cross right over left, step back on the left, step right to right side, cross left over right.

RESTART – wall 4 after 16 counts

Contact me – laura.bates97@yahoo.co.uk or website – Laurasway.simpl.com

Last Update – 6th April 2015

