

Disco Dancin'

COPPER KNOB
BY STEPHEN

拍數: 32 牆數: 4 級數: Beginner
編舞者: Pamela Ahearn (AUS) - March 2015
音樂: Stayin' Alive - Bee Gees : (Album: Best Of The Best)



#24 count introduction, start dancing on lyricsthe word "tell"

(1-8) SIDE, TAP X 2, V STEP

1,2,3,4 Step R to side, tap L toe behind R, step L to side, tap R toe behind L
5,6,7,8 Step R fwd at 45 right, step L fwd at 45 left, step R back to center, step L together

(9-16) CROSS, POINT, HEEL TWISTS X 2

1,2,3,4 Cross R over L, point L to side, twist both heels left (L heel raised) & back to center
5,6,7,8 Cross L over R, point R to side, twist both heels right (R heel raised) & back to center

(17-24) JAZZ BOX ¼ TURN, CROSS, TOUCH SIDE & BACK WITH HIP BUMPS X 2

1,2,3,4 Cross R over L, step L back, turning 1/4 right step R to side, cross L over R (3:00)
5,6 Touch R to side (weight on L) bumping hips to right, touch R behind L bumping hips to left
7,8 Touch R to side (weight on L) bumping hips to right, touch R behind L bumping hips to left

(25-32) BOUNCY WALK ½ CIRCLE , TOUCH SIDE & BACK WITH HIP BUMPS X 2

1,2,3,4 Bouncy walk in ½ circle to right stepping forward R, L, R, L (9:00)
5,6,7,8 Repeat steps 21-24

REPEAT

Arm Movements: Disco points - During hip bumps (counts 21–24 and 29-32) place L hand on left hip. Raise R arm in air and point R index finger at right diagonal when doing a right hip bump then point R finger at L foot when doing a left hip bump.

Counts 1-4 (SIDE, TAP X 2) may be replaced with the following:

1&2 Step R to side, step/rock L behind R, recover on R
3&4 Step L to side, step/rock R behind L, recover on L

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