

Dancing Queen of the 70's

拍數: 32 牆數: 4 級數: Ultra Beginner
編舞者: Nicole Miller (LUX) - October 2019
音樂: Dancing Queen - ABBA
或: any 70's disco music



Start after 32 counts

GRAPEVINE R + L, with hand pose (option)

1 - 4 Step R to right, cross L behind right, step R to right, touch L heel forward

*70's movement option:

*On count 4: touch right elbow with left hand, pose your right elbow on your right hip, right hand up

5 - 8 Step L to left, cross R behind left, step L to left, touch R heel forward

*70's movement option:

*On count 8: touch left elbow with right hand, pose your left elbow on your left hip, left hand up

Alternative: Rolling Vines R + L

WALKS FORWARD + BACK, TOUCHES with claps, with arm movements (option)

9 - 12 Step forward R-L-R, touch L together and clap your hands,

*70's movement option:

*On counts 9 - 11: roll your arms in front of your chest

13- 16 Step back L-R-L, touch R together and clap your hands,

*70's movement option:

*On counts 13 - 15: roll your arms in front of your chest

*70's HAND MOVEMENTS (can be changed into other 70's movements - make your own variation)

17 - 20 Place your right hand in front of your eyes, palm outside. Open your index and middle fingers and move your right arm from left to right

21 - 24 Place your left hand in front of your eyes, palm outside. Open your index and middle fingers and move your left arm from right to left

STEP TOUCH 4X, with ¼ turn left each For a 4 wall dance:

25 - 26 Turn ¼ left stepping R to right, touch L together 25 - 26 Turn 1/8 left stepping R to right, touch L tog.

27 - 28 Turn ¼ left stepping L forward, touch R together 27 - 28 Turn 1/8 left stepping L to left, touch R tog.

29 - 30 Turn ¼ left stepping R to right, touch L together 29 - 30 Step R to right, touch L together

31 - 32 Turn ¼ left stepping L forward, touch R together 31 - 32 Step L to left, touch R together

REPEAT

RESTARTS for "Dancing Queen" if desired (for professional beginners

Wall 2, 5 + 10: after count 8

Wall 8: after count 16

This dance was written for a 50's birthday of a friend to get everyone on the dancefloor.