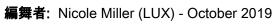
Dancing Queen of the 70's

級數: Ultra Beginner



音樂: Dancing Queen - ABBA

或: any 70's disco music

Start after 32 counts

拍數: 32

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 1/4 turn left each For a 4 wall dance:

- 25 26 Turn 1/4 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 1/4 left stepping R to right, touch L together 29 - 30 Step R to right, touch L together
- Turn 1/4 left stepping L forward, touch R together 31 32 Step L to left, touch R together 31 - 32

REPEAT

RESTARTS for "Dancing Queen" if desired (for professional beginners \Box): 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.





牆數:4