

Quán Mín Disco (全民 Disco)

COPPER KNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner
編舞者: Molly Yeoh (MY) - September 2020
音樂: National Disco (全民Disco) - Zhang Bei Bei (張北北)



Intro: 32 count start....No Tag, no restart!

SIDE STEP, SHUFFLE TO RIGHT, SWAY LEFT, RIGHT, LEFT RIGHT

1 2 3&4 Step R to R, L follow, stepping RLR to right side,
5 6 7 8 Sway L, sway R, sway L, sway R(weight on R) (Free style hand styling)

SAILOR LEFT ¼ TURN, SHUFFLE FORWARD, SHAKE HIPS

1&2, 3&4 ¼ L turn, L step back, R step beside L, L step fwd, diagonal RLR shuffle fwd ((face 9.00)
5 6 7 8 Step down L to L side, shake hips 4 times (Free style hand styling)

JAZZ BOX, ROCK RECOVER, SAILOR RIGHT ½ TURN,

1 2 3 4 Step R over, L, L step back, R step to R, L cross over R
5 6, 7&8 Step R fwd and with a ½ R turn, R step back, L step beside R, R step fwd (3.00)

TOE HEEL CROSS TWICE, ROCK FORWARD, ROCK SIDE, STEP FORWARD, HITCH

1&2, 3&4 Left foot on toe, on heel, cross over R, R foot on toe, on heel, cross over L
5&6&7 8 L rock fwd recover on R, L rock to L recover on R, L step fwd, hitch on R

Start again! Enjoy!

*(Shuffle: basic RLR or LRL cha cha steps)

L: L foot, R: Right foot

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