

Disco Granny

COPPERKNOB
STEPSHEETS

拍數: 32 牆數: 4 級數: Beginner

編舞者: Sandy Kerrigan (AUS) - May 2022

音樂: Ladies Night (Cha Cha) - Ballroom Orchestra : (Hits for Ballroom Dancing/iTunes)



Dance Info: Dance starts -wt on L- 16 seconds in: Lyrics kick in when starting the 2nd Wall.

BPM [120:00] Track Length 3:32 - Version 1:00 – No Tags or Restarts

Step R to R, Cross L over R, Step Side, Kick L on the Diagonal, Step L to L, Cross R over L, Step Side, Point

1 2 3 4 Step R to R, Cross/Step L over R, Step R to R, Kick L fwd to L45°(L Kick-R hand behind R Ear, looking Left, Left hand on L hip or Disco Hand Roll or both)

5 6 7 8 Step L to L Side, Cross/Step R over L, Step L to L Side, Point R to R Side 12:00

Cross, Point, Cross, Point, Jazz Box Turning ¼ R 3:00

1 2 3 4 Cross R over L, Point L to L Side, Cross L over R, Point R to R Side

5 6 7 8 Cross R over L, Step Back on L, Turning ¼ R-Step R to R Side, Step Fwd L

(Finger Clicks on Cross Points)

Walk Fwd R, L, R, Kick L Fwd, Walk Back L, R, L, Tap R to L 3:00

1 2 3 4 Walk Fwd R, Fwd L, Fwd R, Kick L Fwd

5 6 7 8 Walk Back L, Back R, Back L, Tap R next to L

(When walking Fwd and Back – Shimmy your shoulders)

Tap R toe to R Side, Tap R Fwd, Tap R toe to R Side, Tap R Back, Step R to R, Tap L Back, Step Side, Tap 3:0

1 2 3 4 Tap R Toe to R Side, Tap R Fwd, Tap R Toe to R Side, Tap R back behind L

5 6 7 8 Step R to R Side, Tap L Toe back behind R, Step L to L Side, Tap R next to L (or tap back)

[32]

Note: Hand Movements start from wall 2 onwards.

Optional hand movements above- 1st Section, 2nd Section, 3rd Section.

Go all the Grannies, including me...