

Disco Down

拍數: 64 牆數: 2 級數: Advanced
編舞者: Michael Lynn (UK) - May 2023
音樂: Deep Down (feat. Never Dull) - Alok, Ella Eyre & Kenny Dope



(16 count intro, 125 bpm)

Phrasing: 64 64 64 64 Tag 64

S1: SYNCOPATED JAZZ BOX, CROSS SHUFFLE, STEP-FLICK-LOOK, SLOW CROSS SHUFF

1-2& Cross left over right, step right back, step left to left side
3&4 Cross right over left, step left to left side, cross right over left
5-6 Step left to left side, flick right toe behind left (look left and swing both arms to the left)
7-8-1 Step right to right side, cross left over right, step right to right side

S2: SAILOR 1/4 TURN, WALK KICK OUT OUT, HIP BUMPS

2&3 Cross left behind right, making 1/4 turn left step right beside left, step left in place (09:00)
4 Step forward right
5&6 Kick left forward, step left out and to left side, step right out to right side
7&8 Bump hips - left, right, left

S3: CROSS-BACK-SIDE, CROSS-1/4-1/4 - PIVOT 1/2 TURN, LOCKSTEP

1-2& Cross right over left, step back left, step right to right side
3-4& Cross left over right, 1/4 turn left stepping back right, 1/4 turn left stepping forward left (03:00)
5-6 Step forward right, pivot 1/2 turn left (09:00)
7&8 Step forward right, lock left behind right, step forward right

S4: ROCK RECOVER, 1/2 TURN, ROCK RECOVER, 1/4 TURN, FULL TURN

1-2-3 Rock forward left, recover right, 1/2 turn left stepping forward left (03:00)
4-5-6 Rock forward right, recover left, 1/4 turn right stepping forward right (06:00)
7-8 1 1/2 turn right stepping back on left, 1/2 turn right stepping forward right

S5: HEEL GRIND, BALLCROSS-KICKCLICK, BALLCROSS-1/4 HITCHCLICK, OUT-OUT/IN-IN STEP

1-2 Touch left heel forward grinding left heel from right to left, step right to right side
&3-4 Step left beside right, cross right over left, low kick left toe to left diagonal
(Arms)_____ Start this motion with the palm of your hand against the outside of each matching thigh.
As you low kick on count 4, lift your right shoulder & lower the left as you click your fingers to the ground
&5-6 Step left beside right, cross right over left, 1/4 turn left as you hitch the left (03:00)
(Arms)_____ As you 1/4 hitch on count 6, throw your arms out to the sides at waist height (palms are facing upwards and click you fingers
&7&8& Step left out, step right out, step left back and in, step right beside left, step forward left

S6: PIVOT 1/2 TURN, LOCKSTEP 1/2 TURN, CAMEL WALKS BACK, COASTER STEP

1-2 Step forward right, pivot 1/2 turn left (weight left) (09:00)
3&4 1/4 turn left stepping right to right side, lock left over right, 1/4 turn left step back right (03:00)
5-6 Step back left and pop right knee, step back right and pop left knee
7&8 Step back left, step right beside left, step forward left

S7: STEP-PIVOT 1/4 TURN, SWIVET-CROSS-SIDE, SWIVET-CROSS-TOUCH

1-2 Step forward right, 1/4 pivot left (12:00)
&3 Weight on right heel and left toe, swivel both toes to right (&), return feet to centre (3)
4-5 Cross left over right, step right to right side, weight on right heel and left toe,

&6 Swivel both toes to right (&), return feet to centre (6)
7-8 Cross left over right, touch right toe to right side

S8: MONTEREY, SIDE-MAMBO CROSS, STEP-ROCK RECOVER, SIDE-TOUCH UNWIND 1/2 TURN

1 Full turn right stepping right next to left (weight right) (12:00)
2&3 Rock left to left side, recover right, cross left over right
4-5-6 Step right to right side, rock left behind right, recover right
&7-8 Small step left to left side, touch right toe behind left, unwind 1/2 turn right (weight right)
(06:00)

TAG* Wall 4 you'll start the dance facing the back, after 64 counts (facing front), add 4 count tag.

TAG*

OUT, OUT, DISCO CLICK

1-2 Step left out, step right out (keeping weight right)
3-4 Reach both arms forward while pushing your bum out, pull arms inwards either side of hips
while pushing your bottom in & click fingers.

Wall 4 you'll start the dance facing the back, dance 64 counts which will bring you back to the front, add 4 count tag.
