

Disco Cone

拍數: 32 牆數: 1 級數: Beginner
編舞者: Robyn Womack (USA) - March 2024
音樂: Disco Cone (Take It High) (ft. WENZL) - Enisa



Start after 16 counts - Start facing 12:00

(1-8) Grapevine right then Grapevine left with a ¼ turn left and scuff R

1-2 Step R to right (1) Step L behind R (2)
3-4 Step R right (3) touch L to R (4)
5-6 Step L to left (5) step R behind L (6)
7-8 Step forward on L left with a ¼ turn left (7), scuff R foot forward (8) (9:00)

(optional: for more experienced dancers, on counts 5-8 you can do a 1 ¼ rolling vine to the left)

(9-16) Step forward on R and touch behind with L. Big step back on L and drag R heel back. Rock back on right foot and recover with a ¼ turn left, (6:00) and touch R to L, raise arms and snap fingers

1-2 Step forward on R (1) and touch L to R (2)
3-4 Big step back on L (3) dragging R heel back (4)
5-6 Rock back on R (5) recover to L, while making a ¼ turn left (6)
7-8 Touch R to L (7), raise both arms and snap fingers (8) (6:00)

(17-24) Step forward diagonally with R and touch L to R, step forward with L diagonally and touch R to L. Step back diagonally with R and touch L to R, ¼ turn L and touch R to L

1-2 Step forward diagonally with R (1) and touch L to R (2)
3-4 Step forward diagonally with L (3) and touch R to L (4)
5-6 Step back diagonally with R (5) and touch L to R (6)
7-8 Step L forward, making ¼ turn left (7) and touch R to L (8) (3:00)

(25-32) Walk forward R L, then heel fans, rock hips and shoulders left to right, then make a ¼ turn left to start the dance again

1-2 Step R forward (1), step L to R (2)
3-4 Heel fans: turn both heels out (3), bring heels together (4)
5-6 Rock hips and shoulders left (5), rock hips and shoulders to right (6)
7-8 Step L forward making ¼ turn left (7), touch R to L (12:00)

There are no tags or restarts! Enjoy!