

Redneck Disco

拍數: 48 牆數: 4 級數: Phrased Intermediate
編舞者: Caitlin Ross (USA) - December 2023
音樂: Dirt Road Disco - Colt Ford



Intro: 64 Counts (32 Seconds). Start on the 12:00 wall when the 1st verse starts.
Sequence: AAA B AAA B AAA BB - No Restarts, No Tags

[Part A - 32 Counts] Each Wall position is relative to the start wall for each sequence.

(Set 1) Step, ¼ turn, coaster step, step, ½ turn, coaster step

- 1-2 (12:00) RF crossover LF, Step LF left of RF while doing a ¼ turn over the right shoulder. (3:00)
3&4 Step RF back, Step LF back, Step RF Fwd (3:00)
5-6 Step LF Fwd (point toes outward), Step RF right of LF (point toes inward Completing the ½ turn) (9:00)
7&8 Step LF back, Step RF back, Step LF Fwd. (9:00)

(During steps 5-6, slightly pivot both feet left as you step the RF down.)

(Set 2) Sidekicks, Forward kicks, Hitches, ¼ Crouched Pivot Turn

- 1&2& Kick RF out right, Bring RF back to middle, Kick LF out left, Bring LF back to middle. (9:00)
3&4& Kick RF fwd, Bring RF back to middle, Kick LF fwd, Bring LF back to middle. (9:00)
5&6& Hitch R leg up, Put R leg down, Hitch L leg up, Bring L leg down. (9:00)
7-8 Pivot ¼ over left shoulder while bending knees. (6:00)

(Set 3) Step, Step, Hook, Rock, ¾ Turning Triple Step

- 1-2 Step RF Fwd, Step LF Fwd (6:00)
3&4 Touch R Heel Fwd, Cross R Heel over L Shin, Put RF Down (6:00)
5-6 Rock LF FWD, Recover on RF (6:00)
7&8 Step LF left of RF (¼ turn L), Step RF right of LF (¼ L), Step LF left of RF (¼ turn L) (9:00)

(For Counts 7&8, While doing a ¾ turn over L shoulder, do a triple step)

(Set 4) Rock, Recover, Coaster Step, Step, Step, Hip Rolls

- 1-2 Rock RF Fwd, Recover on LF. (9:00)
3&4 Step RF back, Step LF back, Step RF Fwd. (9:00)
5-6 Step LF Fwd, Step RF right of LF. (9:00)
7-8 Roll Hips (x2) (9:00)

[Part B - 16 Counts] Each Wall position is relative to the start wall for each sequence.

(Set 1) Heel Fan, Coaster Step, Heel Fan, Coaster Step

- 1-2 (12:00) Step R Heel Fwd (point toes inward), Fan RF Toes Outward (12:00)
3&4 Step RF Back, Step LF Back, Step RF Fwd. (12:00)
5-6 Step L Heel Fwd (point toes inward), Fan LF Toes Outward (12:00)
7&8 Step LF Back, Step RF Back, Step LF Fwd. (12:00)

(Counts 8-16) Rock, Recover, Triple Step ½ Turn, Step, Spin

- 1-2 Step RF Fwd, Recover on LF. (12:00)
3&4 Step RF right of LF (¼ turn R), Step LF left of RF (¼ turn R), Step RF right of LF. (6:00)
5-6 Step LF Fwd, Use RF to push into a full turn over L shoulder. (6:00)
7-8 Finish Spin. (6:00)

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