ItaloDisco



拍數: 32 牆數: 4 級數: Improver

編舞者: Tom Inge Soenju (NOR) - December 2023

音樂: ITALODISCO - The Kolors



Note: There is also an English version of this song available. Just search for English version.

Intro: 8 counts.

Sequence: Repeating sequence.

Tag/Restart: Restart after 16 counts in wall 3 and 10. 4 count tag after wall 4, 5 and 8

End: Dance as normal until music ends.

SECTION 1: L STEP-LOCK DIAG, STEP-LOCK-STEP DIAG, R STEP-LOCK DIAG, STEP-LOCK-STEP DIAG

1-2 Step LF fwd to L diagonal, Lock RF beside LF [F12:00]

3&4 Step LF fwd to L diagonal, Lock RF beside LF, Step LF fwd to L diagonal [F12:00]

(Option: "Shoot" with your index fingers alternately at hip height (1-2-3&4))
5-6 Step RF fwd to R diagonal, Lock LF beside RF [F12:00]

7&8 Step RF fwd to R diagonal, Lock LF beside RF, Step RF fwd to R diagonal [F12:00]

(Option: "Shoot" with your index fingers alternately at hip height (1-2-3&4))

SECTION 2: CROSS-BACK, 1/8 L DIAG SHUFFLE, CROSS, 1/4 R BACK, 1/8 R SHUFFLE TURN

1-2 Cross LF over RF, Step RF back

3&4 1/8 L turn stepping L side, Step RF next to LF, Step LF to L side [10:30]

5-6 Cross RF over LF, ¼ R turn stepping LF back [01:30]

7&8 Step RF to R side, Step LF next to RF, 1/8 R turn stepping RF fwd [03:00]

RESTART HERE IN WALL 3 AND 10

SECTION 3: L CROSS ROCK-RECOVER, CHASSE, R CROSS ROCK-RECOVER, CHASSE

1-2 Cross rock LF over RF, Transfer weight onto RF

(Option: Point L index finger and arm fwd at shoulder height to R diagonal (1-2))

3&4 Step LF to L side, Step RF beside LF, Step LF to L side

(Option: Move extracted arm and finger from R to L diagonal on chassé (3&4))

5-6 Cross rock RF over LF, Transfer weight onto LF

(Option: Point R index finger and arm fwd at shoulder height to L diagonal (1-2))

7&8 Step RF to R side, Step LF beside RF, Step RF to R side

(Option: Move extracted arm and finger from L to R diagonal on chassé (3&4))

SECTION 4: JAZZ BOX CROSS, POINT, CROSS, BACK, TOUCH

1-2-3-4 Cross LF over RF, Step RF back, Step LF to L side, Cross RF over LF 5-6-7-8 Point LF to L side, Cross LF over RF, Step RF back, Touch LF next to RF

(Option: Point R index finger and arm diagonally upward R while pointing (5))

TAG TAG AFTER WALL 4 [12:00], 5 [03:00] AND 8 [12:00]

SECTION 1: V-STEP (OUT-OUT, IN-IN)

Step LF fwd towards L diagonal, Step RF to R side (towards R diagonal)
 Step LF back to R diagonal (back to starting point), Step RF beside LF

(Option: Lean fwd and roll arms in front of you on out-out (1-2), Straighten up and still roll arms in

front of you on in-in (3-4))

Start again and enjoy! Happy Dancing!

Contact: If anything is unclear or if you would like additional information, please contact me:

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Abbreviations: min – minutes, bpm – beats per minute, R – right, L – left, F – foot, fwd -forward,

Diag - Diagonal B - back