

Last Days Of Disco

COPPER KNOB
STEPSHEETS

拍數: 64 牆數: 2 級數: Intermediate hustle
編舞者: Michael Barr (USA) & John Robinson (USA)
音樂: Last Days of Disco - Alcazar



LEFT SMALL STEP BACK, WALK FORWARD (RIGHT, LEFT, RIGHT, LEFT) - REPEAT RIGHT

- &1-2-3-4 Small step back on ball of left foot (push off ball of left to start the walks), walk forward right-left-right-left
&5-6-7-8 Small step back on ball of right foot (push off ball of right to start the walks), walk forward left-right-left-right

MODIFIED SAILOR STEPS - SYNCOPATED VINE

- &1-2 Small step back on ball of left foot, step right in place, step left side left
&3-4 Small step back on ball of right foot, step left in place, step right side right
5&6& Step left behind right, step right side right, step left over front of right, step right side right
7&8 Step left behind right, step right side right, step left over front of right

MODIFIED TURNING SAILOR STEPS

- 1-2&3 Step right side right, step left behind right, step on right side right, step left side left
4&5 Step right behind left, turn ¼ left stepping left forward, step right side right
6&7 Step left behind right, step right side right, step left side left
8& Step right behind left, turn ¼ left stepping left forward

SIDE POINTS SWITCHES WITH SHOULDER MOVES

- 1&2&3 Point right side right, step right next to left, point left side left, step left next to right, point right side right
&4 Lift right shoulder & drop left shoulder, lift left shoulder & drop right shoulder
& Step right next to left
5&6&7 Point left side left, step left next to right, point right side right, step right next to left, point left side left
&8 Lift left shoulder & drop right shoulder, lift right shoulder & drop left shoulder

CROSS, ¼ BACK, ½ TURN SHUFFLE - ¼ LEFT, TOGETHER, CROSS, SIDE, BEHIND & SIDE

- 1-2 Step left in front of right, turn ¼ left stepping back on right foot
3&4 Turn ¼ left stepping left side left, step right next to left, turn ¼ left stepping left forward
&5 Turn ¼ left and step on ball of right foot side right, step on ball of left next to right

You are now on the balls of both feet and have completed a full turn

- 6-7 Cross step right in front of left, step left side left
8& Step right behind left, small side step on the ball of the left foot

WALK, WALK, WALK, ROCK, STEP - WALK BACK, BACK, BACK, BALL, TOUCH

- 1-2-3 Step right forward, step left forward, step right forward
&4 Quick rock slightly forward onto ball of left foot, return weight to right foot in place
5-6-7 Step left foot back, step right foot back, step left foot back
&8 Step onto ball of right next to left, touch left to left diagonal

CROSS, BACK, BACK, CROSS - BACK, ¼ TURN RIGHT, ROCK, REPLACE

- 1-2 Cross step left in front of right, step back on right
3-4 Step back on left, step back on right in front of left
5-6 Step back on left, turn ¼ right stepping right foot side right
7-8 Rock forward onto the left foot, return weight to the right foot in place

SIDE SHUFFLE (LEFT-RIGHT-LEFT), ROCK, REPLACE - ¼ SHUFFLE RIGHT, ½ TURN, STEP BACK

- 1&2 Step left side left, step right next to left, step left side left
- 3-4 Rock forward onto the right foot, replace weight to left foot in place
- 5&6 Turn ¼ right stepping right forward, step left next to right, step right forward (prep for ½ turn right)
- 7-8 On the ball of the right foot turn ½ right stepping back on the left foot, step the right foot back

REPEAT
