

Disco Dance

拍數: 64 牆數: 2 級數: Beginner
編舞者: Jennifer Crosbie & Jenn Manfra (USA)
音樂: Boogie Oogie Oogie - Taste of Honey



TOUCH, CROSS, TOUCH, CROSS, STEP SIDE, SLIDE, STEP SIDE, SLIDE

- 1-2-3-4 Touch right foot to right side, step right foot over left foot, touch left foot to left side, step left foot over right foot
- 5-6-7-8 Step right foot to right side (bring arms in fists up to 1:00), slide and cross left foot over right (bring arms in fists down to 7:00), step right foot to right side (bring arms in fists up to 1:00), slide left foot to right (bring arms in fists down to 7:00)

TOUCH LEFT, SLIDE, ROLL ARMS

- 1-2-3-4 Touch left foot to left side, touch left foot center, slide left foot to left side, slide right foot to left foot
- 5-6-7-8 Roll arms in fists (right fist to left inside elbow, left fist to outside right elbow) for counts 5-8

ARM PULLS AND HEAD NODS ¼ TURN RIGHT, ¼ TURN RIGHT, ¼ TURN RIGHT

- &1&2& Bring right arm (with bent elbow in front of you with fist palm down by left shoulder) to right side as you 'nod' head down, up, down, up, make ¼ turn right
- &3&4& Bring left arm (with bent elbow in front of you with fist palm down by right shoulder) to left side as you 'nod' head down, up, down, up, make ¼ turn right
- &5&6& Bring right arm (with bent elbow in front of you with fist palm down by left shoulder) to right side as you 'nod' head down, up, down, up, make ¼ turn right
- &7&8 Bring left arm (with bent elbow in front of you with fist palm down by right shoulder) to left side as you 'nod' head down, up, down, up

SLIDE LEFT, SLIDE LEFT, ½ PADDLE TURN LEFT

- 1-2-3-4 Slide left foot to left side, slide right foot to left, slide left foot to left side, slide right foot to left
- 5-6-7-8 Touch right toe forward and push to make ¼ paddle turn left, touch right toe diagonal right/forward and hitch making 1/8 turn left, touch right toe forward and hitch to make 1/8 turn left, step center with right foot

CHARLESTON STEPS, ¼ LEFT TURN, CHARLESTON STEPS

- 1-2-3-4 Touch left heel forward, step left foot center, touch right toe back, step right foot center and make ¼ left turn
- 5-6-7-8 Touch left heel forward, step left foot center, touch right toe back, step right foot center

TOUCH, CROSS, TOUCH, CROSS, TOUCH, CROSS, TOUCH, CROSS

- 1-2-3-4 Touch left toe to left side, step left foot over right, touch right toe to right side, step right foot over left foot (do this while rolling hands in fists)
- 5-6-7-8 Touch left toe to left side, step left foot over right, touch right toe to right side, step right foot center (do this while using disco hand movements*)

PIVOT ¼ TURN RIGHT, PIVOT ¼ TURN RIGHT, STEP, TOGETHER, STEP, TOGETHER

- 1-2-3-4 Step forward with left foot, pivot ¼ turn right, step forward with left foot, pivot ¼ turn right (weight on right)
- 5-6-7-8 Step left foot to left side, step right foot to left foot, step right foot to right side, step left foot to right foot (during this raise hands above head and make large ½ circle left and then right)

RIGHT ARM RAISE, LEFT ARM RAISE, RIGHT ARM RAISE, LEFT ARM RAISE, THROUGH PEACE FINGERS LOOK RIGHT, LOOK LEFT

- 1&2&3&4 Raise right arm in fist over head and pop to ball of right foot, drop right arm and foot, raise left arm over head in fist and pop left foot to ball, drop left foot and arm, raise right arm in fist over head and pop to ball of right foot, drop right arm and foot, raise left arm over head in fist and pop left foot to ball, drop left foot and arm
- 5-6&7-8& Raise right hand with peace sign fingers to look through side ways peace sign, move arm and head to right side, drop right arm, raise left hand with peace sign fingers to look through side ways peace sign, move arm and head to left side, drop left hand

REPEAT

DISCO HAND MOVEMENTS

Point right index finger up at right side, point right index finger down at left side, point left index finger up at left side, point left index finger down at right side
