

Disco Boogie

COPPER KNOB
STEPSHEETS

拍數: 40 牆數: 1 級數: Beginner level - Chair dance
編舞者: Rosalee Musgrave (USA) - July 2007
音樂: D.I.S.C.O - Countdown



Another music: My Boogie Shoes by K. C. & The Sunshine Band

Position: instructor sit facing chair dancers and ask them to mirror your motions

RIGHT AND LEFT SHOULDER ROLLS

1-2 Roll right shoulder from front to back
3-4 Roll left shoulder from front to back
5-8 Repeat above counts 1-4

RIGHT AND LEFT DISCO POINTS

1-2 Point right arm with pointer finger extended diagonally right 2 times
3-4 Repeat
5-6 Point left arm with pointer finger extended diagonally left 2 times
7-8 Repeat

RIGHT AND LEFT HAND CROSSES

1-2 Cross right hand over left 2 times (hands open with palms facing floor)
3-4 Cross left hand over right 2 times
5-8 Repeat above counts 1-4

TOUCH RIGHT AND LEFT FISTS TOGETHER

1-2 Making a fist with both hands touch right fist on top of left 2 times
3-4 Making a fist with both hands touch left fist on top of right 2 times
5-8 Repeat 1-4

HITCH HIKE MOTIONS RIGHT AND LEFT

1-2 Right hand in a fist with right thumb up making 2 hitch hiking motions to right side
3-4 Repeat
5-6 Left hand in a fist with left thumb up making 2 hitch hiking motions to left side
7-8 Repeat

REPEAT

OPTION:-

S1: RIGHT AND LEFT FIST ROLLS (Option #2)

1 – 2 Make fists & roll fists around each other at Right diagonal
3 – 4 Make fists & roll fists around each other at Left diagonal
5 – 6 Repeat 1 – 2
7 – 8 Repeat 3 – 4

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