

Disco Round

拍數: 32 牆數: 4 級數: Beginner
編舞者: Kathy Hunyadi (USA) - December 2006
音樂: I Love the Nightlife (Disco 'Round) - Alicia Bridges



Start with vocals

- 1-8 KICK BALL CROSS, KICK BALL CROSS, SIDE SHUFFLE, ROCK STEP**
1&2 Traveling to right - Kick R forward, Step back on ball of R, Step L over R
3&4 Traveling to right - Kick R forward, Step back on ball of R, Step L over R
5&6 Shuffle side right - R, L, R
7,8 Rock back on L, Step R in place (recover)
- 9-16 TOE-HEEL STRUT, TOE-HEEL STRUT, SIDE ROCK, CROSSING SHUFFLE**
1,2 Step L toe to side, Drop heel down
3,4 Step R toe across L, Drop heel down
5,6 Rock to side on L, Step R in place (recover)
7&8 Cross L over R, Step slightly back on ball of R, Cross L over R
- 17-24 KICK, KICK, SAILOR SHUFFLE WITH 1/4 TURN RIGHT, KICK, KICK, SAILOR SHUFFLE WITH 1/4 TURN LEFT**
1,2 Kick R foot forward, Kick R to side
3&4 Cross R behind L while turning 1/4 right, Step L to side, Step R to side
5,6 Kick L foot forward, Kick L to side
7&8 Cross L behind R while turning 1/4 left, Step R to side, Step L to side
- 25-32 ROCK, STEP, 3/4 RIGHT TURN, SHUFFLE STEP, ROCK, STEP, COASTER STEP**
1,2 Rock forward on R, Recover weight to L & turn 3/4 to right
3&4 Shuffle in place R, L, R
5,6 Rock forward on L, Recover weight to R
7&8 Step back on L, Step R beside L, Step L forward

Music: "I Love the Nightlife" by Alicia Bridges (available at www.CDnow.com). I use the original but not extended version of this song. This is by far the BEST version of this song even if it doesn't quite phrase. Accept no imitation!
