

Disco Shuffle

拍數: 64 牆數: 2 級數: Improver
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音樂: Disco Heaven - Lady Gaga



Intro 32 count

TOE STRUTS R & L, ROCK RECOVER COASTER STEP

1,2,3,4 Touch right toe forward & snap down, touch left toe forward & snap down
5,6 Rock right forward, recover weight on left
7&8 Step right back, step left together, step right forward

TOE STRUTS L & R, ROCK RECOVER, TRIPLE STEP 3/4TURN TO LEFT

1,2,3,4 Touch left toe forward & snap down, touch right toe forward & snap down
5,6 Rock left forward, recover weight on right
7&8 Step LRL on the spot turn 3/4 to the left

CROSS ROCK RECOVER, SIDE SHUFFLE, WEAWE TO RIGHT SIDE

1,2 Rock right across left, recover weight on left
3&4 Step right to right side, step left together, step right to right side
5,6,7,8 Cross left over right, step right to right side, cross left behind right, step right to right side

CROSS ROCK RECOVER, SIDE SHUFFLE, RIGHT SAILOR, LEFT SAILOR

1,2 Rock left across right, recover weight on right
3&4 Step left to left side, step right together, step left to left side
5&6 Step right behind left, step left to left side, step right to right side
7&8 Step left behind right, step right to right side, step left to left side

RIGHT ROCKING CHAIR, MONTEREY 1/2 TURN RIGHT

1,2,3,4 Rock right forward, recover weight on left, rock right back, recover weight on left
5,6,7,8 Point right to right side make a 1/2 turn right, point left to left side & bring back left beside right

RIGHT CHASSE, LEFT CHASSE, KICK BALL CHANGE, PIVOT 1/2 TURN LEFT

1&2 Step right to right side, step left together right, step right to right side
3&4 Step left to left side, step right together left, step left to left side
5&6 Kick right forward, step ball of right beside left, step left forward
7,8 Step right forward make a 1/2 turn left, recover weight on left

CROSS MAMBO, CROSS MAMBO, MODIFIED JAZZBOX

1&2 Cross right over left, recover weight on left, step right to right side
3&4 Cross left over right, recover weight on right, step left to left side
5678 Cross right over left, step left back, step right to right side, cross left over right

HEEL HOCK 1/4 TURN RIGHT, SHUFFLE FORWARD, PIVOT 1/2 TURN RIGHT, TRIPLE STEP 1/2 TURN RIGHT

1,2 Tap right heel diagonally forward, hock right in front of left shine, make a 1/4 turn right
3&4 Step right forward, step left together, step right forward
5,6 Step left forward make a 1/2 turn right, recover weight on right
7&8 Step LRL make 1/2 turn right.

End of wall 5, add 4 count tag, then start from the beginning

TAG: ROCKING CHAIR

1,2,3,4

Step right forward recover weight on left, step right back recover weight on left
