

Disco Beat

拍數: 32 牆數: 2 級數: Beginner
編舞者: Winnie Yu (CAN) - December 2010
音樂: SexyBack - Justin Timberlake



Alternate Music: Any Disco / Funky Tempo

Intro: 32 count - *Starting position: Facing 3:00 with weight on right

Sec. 1: (SIDE, TOUCH) x 4

- 1-2 Step left to left side, touch right beside left (3:00)
- 3-4 Step right to right side, touch left beside right with twist upper body turning ¼ [Look] Left
- 5-6 Repeat Count 1 & 2
- 7-8 Repeat Count 3 & 4

(Option:-Snap right fingers at count 4 and 8)

Sec. 2: SIDE, TOGETHER, SIDE, TOUCH, ¼ L , SIDE, TOGETHER, SIDE, TOUCH

- 1-2 Step left to left side, step right beside left
- 3-4 Step left to left side, touch right beside left
- 5-6 Make a ¼ left stepping right to right side, step left beside right (12:00)
- 7-8 Step right to right side, touch left beside right

Sec. 3: (HEEL, TOE, STEP, TOUCH) x 2

- 1-2 Touch left heel forward, touch left toe back (or: touch left beside Right)
- 3-4 Big step left to left side, touch right beside left
- 5-6 Touch right heel forward, touch right toe back (or: touch right beside left)
- 7-8 Big step right to right side, touch left beside right

Sec. 4: (CROSS ROCK, RECOVER, SIDE) x 2, JAZZ BOX ¼ LEFT

- 1&2 Cross Rock left over right, recover onto right, step left to left side (shoulder apart)
- 3&4 Cross Rock right over left, recover onto left, step right to right side (shoulder apart)
- 5-6 Cross step left over right, make a ¼ left stepping back on right (9:00)
- 7-8 Step left to left side, step forward on right

Start Again and Have Fun.

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