

Disco 100

拍數: 32 牆數: 4 級數: Advanced Beginner
編舞者: Iwan Loebis (INA) - February 2011
音樂: Two Tribes (Disco Remix) - Frankie Goes To Hollywood



STEPS, CHASSE, TRAVELLING TURN, HOOK

1-2 Step R to right side, step R next to R
3&4 Step R to right side, step L next to R, step R to right side
5-8 ¼ turn left step L forward, ½ turn left step back on R
7-8 ¼ turn right step L to left side, hook R forwards

CROSS AND TOUCH, SAILOR ¼ TURN, KICK BALL CROSS

1-2-3-4 Cross R over L, touch L out to left side, cross over R, touch R out to right side
5&6 ¼ turn right stepping R behind L, step L next to R, step R forward
7&8 Kick L forward, step L next to R, cross R over L

ROCK RECOVER WITH ¼ TURN, FWD SHUFFLE, ½ TURN, STEP, CROSS, SIDE CROSS

1-2 Rock L to left side, recover on R making ¼ turn right
3&4 Step L forward, step R next to L, step L forward
5&6 Make ½ turn right step back on R, step L to left side, cross R over L
7&8 Step L to left side, step R to right side, cross L over R

ROCK RECOVER, FLICK, ¼ SHUFFLE TURN, KICK BALL STEP

1-2 Step/rock R to right side, recover on L
3&4& Change weight in place on R, L, R, flick L back
(count 1 to 4 .. with hips movement)
5&6 Step L to left side, step R next to L, make ¼ turn right stepping L to left side
7&8 Kick R forward, step R next to L, step L forward

REPEAT AND ENJOY YOUR DANCE ... TILL ... DROP !!!!!

There 2 easy tags after 2nd WALL AND 5th WALL

TAG 1: After 2nd wall do the dance as follows:

SIDE STEPS

1-2-3 Step R to right side, step L to right side, Step R to right side
4-5-6 Step L to left side, step R to left side, step L to right side
7-8 Step R to right side, step L to left side

VINE, ROCK RECOVER, CROSS, SIDE, CROSS

1-2-3-4 Step R to right side, cross L behind R, step R to right side, cross L over R
(optional: can be done, becomes 2 times full turn)
5-6 Step/rock R to right side, recover on L
7&8 Cross R behind L, step L to left side, cross R over L

LEFT CHASSE, CROSS, ¼ TURN, ½ PIVOT TURN, ROCK RECOVER

1&2 Step L to left side, step R next to L, step L to left side
3-4 Cross R behind L, ¼ turn left stepping L forward
5-6 Step R forward, make ½ turn left (weight on L)
7-8 Step/rock R to right side, recover on L

Start again the dance from the beginning

TAG 2: After 5th wall do the dance as follows:

SIDE STEPS

1-2-3 Step R to right side, step L to right side, Step R to right side

4-5-6 Step L to left side, step R to left side, step L to right side

7-8 Step R to right side, step L to left side

VINE, ROCK RECOVER, KICK BALL CROSS

1-2-3-4 Step R to right side, cross L behind R, step R to right side, cross L over R

(optional: can be done become 2 times full turn)

5-6 Step/rock R to right side, recover on L

7&8 Kick R forward, step R next to L, cross L over R

Start again the dance from the beginning
