

It's Time To Disco

COPPER KNOB
STEPSHEETS

拍數: 80 牆數: 1 級數: Phrased Improver
編舞者: Gaby Lau (MY) - August 2011
音樂: It's Time To Disco from Hindi Movie (Kal Ho Naa Ho)



Dance Sequence : Bridge, A,B,A,(B-4),Bridge,(A-4), (16***Sec A5, *Sec A6) A,B,B

Part A (52 counts)

Sec A1: Jazz Box, Right Forward Touch, Right Forward Touch

1 – 2 Cross right over left - step back on left
3 - 4 Step right to right - close left next to right(12:00)
5 – 6 Step Right diagonally – touch left beside right
7 – 8 Step Right diagonally – touch left beside right(2:00)
(Optional: Styling, fisted palm, drumming both arm up and down 0n 5-8)

Sec A2: Left Forward Touch, Left Forward Touch, Jazz Box

1 – 2 Step Left diagonally – touch right beside left
3 – 4 Step Left diagonally – touch right beside left(11:00)
5 – 6 Cross right over left – step back on left
7 – 8 Step right to right – close left next to right(12:00)
(Optional: Styling, fisted palm, drumming both arm up and down 0n 1-4)

Sec A3: Right Forward Touch, Left Forward Touch, Touch right forward Hold

1 – 2 Step Right diagonally – touch left beside right
3 – 4 Step Left diagonally – touch right beside left
5 – 8 Touch right Forward Hold
(Styling placing left palm under left ear, Pointing Right Index Finger Forward Hold)

Sec A4: Step Forward Right Hitch Left, Kick Left Behind, Step beside (2X)

1 – 2 Step Right Forward – Hitch Left
3 – 4 Kick left behind – Step left beside Right
5 – 8 Repeat 1 – 4

*Sec A5: Paddle Lower Body & Straighten up

1 – 8 Step Right Forward ¼ Left Lower Body Down(feet apart), Step Right beside left, Straighten Up (4X)

Facing Front Wall(12:00)

*Sec A6: Out Out In In, Step , Hip Bump

1 – 2 Step out forward on right, Step out forward on left
3 – 4 Step inward on right, step left beside right
5 – 8 Hip Bump
(Note: Dance Sequence 16** = Sec A5 8 counts plus Sec A6 8 counts)

Sec A7: Arm Roll, Roll Right diagonally, Arm Roll, Roll Left diagonally

1 – 2 Arm Roll Right, Roll Arm Right diagonally
3 – 4 Arm Roll Left, Roll Arm Left diagonally

Part B (28 count)

Sec B1: Side Step Right Hold, Point Right Finger Up Down

1 – 8 Step Right to the right side, Point Right Finger Up Down

Sec B2: Rolling Vine To Right, Clap , Left Side To Side Touch

1 - 4 Rolling Vine Right touch left to side , clap

5 - 8 Left Side to side touch , clap

Sec B3: Rolling Vine To Right, Clap , Left Side To Side Touch

1 - 4 Rolling Vine Right touch left to side , clap

5 - 8 Left Side to side touch , clap

Sec B4: Pointing Up And Down

1 - 4 Pointing Index Finger up and down , hold 4

Bridge: (32 count)

1 - 2 Step Right diagonally, Touch left beside right

3 - 4 Step Left diagonally, Touch right beside left

5 - 6 Step Right diagonally, Touch left beside right

7 - 8 Step Left diagonally, Touch right beside left

1 - 4 Rocking chair on RLRL

5 - 8 Step right forward, pivot 1/2 turn left, step right forward, step left forward (6.00)

1 - 2 Step Right diagonally, Touch left beside right

3 - 4 Step Left diagonally, Touch right beside left

5 - 6 Step Right diagonally, Touch left beside right

7 - 8 Step Left diagonally, Touch right beside left

1 - 4 Rocking chair on RLRL

5 - 8 Step right forward, pivot 1/2 turn left, step right forward, step left forward (12.00)

Have fun and enjoy this lively & joyful dance!

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Last Update - 21st Oct 2014
