

# 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**

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