

Disco Rhythm

拍數: 48 牆數: 4 級數: Beginner
編舞者: Mary Frances Chua (MY) - November 2011
音樂: Sexy Music - The Nolan Sisters



Intro: 32 count

S1: 2X (Toe Point out, in, out, together)

1 R toe point to right side (L hand on waist, R hand point diagonally upward)
2 R toe touch next to L (L hand on waist, R hand point downwards towards L)
3 (repeat count 1)
4 R step together next to L (both hands down to sides)
5-8 Mirror on Left

S2: 2X (Forward Toe, Step, Toe, Step)

1-2 R fwd toe, step
3-4 L fwd toe, step
5-8 Repeat count 1-2, 3-4 (snap fingers on even count 2, 4, 6, 8)

S3: 2X (Side step, Together, Side, Touch)

1-2 R step to right side, L together
3-4 R step to side, L touch beside R
5-8 Mirror on Left (fist-rolling clockwise for Section 3)

S4: 4X (Diagonal Step Back, Touch)

1-2 R diagonal step back, L touch beside R with clapping hands
3-4 L diagonal step back, R touch beside L with clapping hands
5-8 Repeat count 1-2, 3-4

RESTART at 6.00 wall

S5: 2X (Forward Heel, Back Toe Point), ¼ Right Jazz Box Cross

1-4 Twice R heel fwd, R back toe point (weight on left)
5-6 R step fwd, ¼ right turn [3.00] L step back
7-8 R step together, L cross over R

S6: Hip Bump, Hip Sway, Flick

1&2 Small R hip bump, R L R (hand styling on right side)
3&4 Small L hip bump, L R L (hand styling on left side)
5-6 Sway hip , R L (both hands sway R L)
7-8 Sway hip , R L with a quick R leg flick to the back (both hands sway R L)

ENDING: At 9.00 wall, complete Section 1.

At Section 2, R toe-step (1-2), L toe-step with a ¼ right turn to face 12.00 and pose with weight on left, R hand point diagonally upward and L hand on waist.

Have FUN and ENJOY the music & dance!