

Foxtrot and Disco

Compte: 32

Mur: 0

Niveau: Absolute Beginner

Chorégraphe: Jim Collins (USA) - July 2020

Musique: I've Got You Under My Skin - Carly Simon : (Album: Moonlight Serenade)



Start on vocals at 14 seconds.

FOXTROT MUSIC

Alt: "You're Nobody Till Somebody Loves You" by Dean Martin; Nice and Easy, (2:14),

Start on vocals "You're..." at 8 seconds

Alt.: "The Way You Look Tonight" by Frank Sinatra; Days of Wine and Roses, Moon River and Other Academy Award Winners, (3:22) (start at 14 seconds, just before vocals "some day")

DISCO MUSIC

Hot Stuff by Donna Summer, on On the Radio Greatest Hits, Vol. I & II, 1979, 2:55; start at 16 seconds with vocals "sittin' here....."

Love Rollercoaster by Ohio Players on Love Funk, 2000, 2:52; start at 16 seconds with vocals "Rollercoaster..."

Get down on it by Kool and the Gang on GOLD, 2005, 4:50; start at 26 seconds with main chorus "get down on it..."

Section I (S,S) Rock/Recover*, (Q,Q,Q,Q) Right Lock Step**, Brush

- 1-4 (S,S) Step right diagonally forward (1,2), Recover on left (3,4),
- 5-6 (Q,Q) Step right diagonally forward (5), lock left behind right (6)*,
- 7-8 (Q,Q) Step right forward (7), brush left next to right (8)

Section II (S,S)Rock/Recover*, (Q,Q,Q,Q) Left Lock Step**, Brush

- 1-4 (S,S) Step left diagonally forward (1,2), Recover on right (3,4),
- 5-6 (Q,Q) Step left diagonally forward (5), lock right behind left (6)*,
- 7-8 (Q,Q) Step left forward (7), brush right next to left (8)

Section III (Q,Q,Q,Q)Rocking Chair, (Q,Q,Q,Q) Vine Right***

- 1-2 (Q,Q) Rock right forward (1), recover on left (2),
- 3-4 (Q,Q) Rock right back(3), recover on left (4)
- 5-6 (Q,Q) Step right to right (5), step left behind right (6),
- 7-8 (Q,Q) Step right to right(7), touch left next to right (8)

Section IV (Q,Q,Q,Q) Rocking chair, (Q,Q,Q,Q) Vine ¼ Left***

- 1-2 (Q,Q) Rock forward on left (1), recover on right (2)
- 3-4 (Q,Q) Rock back on left(3), recover on right(4)
- 5-6 (Q,Q) Step left to left (5), Step right behind left (6),
- 7-8 (Q,Q) Step left to left turning ¼ left(7), touch right next to left (8)

Begin again. Have fun!

* Styling note: on first two counts lean forward to right in Section I and to the left in Section II.

**Can do a 'step together' instead of a lock step for Absolute Beginners.

*** Add a turn on either/both of the rocking chairs/vines

Turn this into a partner dance in Sweetheart position and omit the turn on step 7 in section IV

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