Disco World

级数: Easy Improver

编舞者: Jessica Aspestig (SWE) - August 2018

音乐: This Is the World We Live In - Alcazar

Intro: 32c from the 4c heavy beat. Dance begins on vocals (app. 24 sec into track).

Tags: 16c. - After wall 1 and 5 (facing 3:00)

[1 – 8] L Rock fwd, ½ L Shuffle, R & L Toestruts with Hip Bumps

- 1 2 Rock L fwd (1), recover on R (2)
- 3&4 Step 1/4 L on L (3) step R next to L (&) Step 1/4 L on L (4) 6.00
- Touch R toe fwd bumping R hips fwd (5), step down on R (6) 5 – 6
- 7 8Touch L toe fwd bumping L hips fwd (7), step down on L (8) 6.00

[1 - 8] R Point Cross x 2, R Rolling Vine w. touch

- 1 2 Point R to right side (point R hand up/right) (1), Point R cross over L (point R hand down/left) (2)
- 3 4Point R to right side (point R hand up/right) (3), Point R cross over L (point R hand down/left) (4)
- 5 8 Step R ¼ on R (5), turn ½ R stepping back on L (6), Step ¼ R on R (7), touch L next to R (8) 6.00

[1 – 8] L Rolling Vine w. scuff, Jazzbox ¼ R

- Step L ¼ L (1), turn ½ L stepping back on R (2), Step ¼ L on L (3), Scuff R fwd (4) 6.00 1 – 4
- 5 8 Cross R over L (5), Step ¼ R back on L (6), Step R to R side (7), Step fwd on L (8) 9.00

[1-8] Skate R – L – R – L (up – down), Step Turn ½ L, R Shuffle fwd

- 1 2 Skate fwd on R (stretch up) (1), Skate fwd on L (bend knees down) (2)
- 3 4 Skate fwd on R (stretch up) (3), Skate fwd on L (bend knees down) (4)
- 5 6Step fwd on R (5), Turn 1/2 L on L (6) 3.00
- 7 & 8 Step R fwd (7), Step L next to R (&), Step R fwd (8)

Start Again

TAG: End of wall 1 and 5

[1 – 8] L Rocking Chair, L Rock fwd, L ½ Shuffle

- 1 4 Rock L fwd (1) recover on R (2) Rock L back (3) recover on R (4) 3.00
- 5 6 Rock L fwd (5) recover on R (6)
- 7 & 8 Step ¼ L on L (7), Step R next to L (&), Step ¼ L on L (8) 9.00

[1 – 8] R Rocking Chair, R Rock fwd, R ½ Shuffle

- 1 4 Rock R fwd (1) recover on L (2) Rock R back (3) recover on L (4) 9.00
- 5 6 Rock R fwd (5) recover on L (6)
- 7 & 8 Step ¼ R on R (7), Step L next to R (&), Step ¼ R on R (8) 3.00

This dance is coreographed as a dedication to my good dancefriend Madeleine for her 50's birthday. Enjoy! Jessica

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拍数: 32

墙数:4