

# 3D (Dance Disco Dance)

**COPPERKNOB**  
STEPSHEETS

拍数: 32      墙数: 4      级数: Beginner  
编舞者: Frank Trace (USA) - October 2018  
音乐: Give It Up - Cyndi Lauper



Slower Smooth Music: "Fresh" by Kool and the Gang (118 BMP)  
Fun Disco Music: "In The Navy" by The Village People (126 BMP)  
This dance works well with many different dance songs.

Begin after a 32 counts on the vocal.

## SKATE, SKATE, TRIPLE, SKATE, SKATE, TRIPLE

1-2            Skate steps forward R, L  
3&4           Triple forward R, L, R  
5-6           Skate steps forward L, R  
7&8           Triple forward L, R, L.

## JAZZ BOX WITH CROSS OVER, SIDE SHUFFLE, ROCK BACK, RECOVER

1-4            Step R over L, step L back, step R to side, cross L over R  
5&6           Side shuffle stepping R, L, R  
7-8            Rock back on L, recover onto R.

## VINE LEFT, SCUFF, ROCKING CHAIR

1-4            Step L to left side, step R behind L, step L to side, scuff R  
5-8            Rock forward on R, recover onto L, rock back on R, recover onto L.

## ¼ PIVOT LEFT, ¼ PIVOT LEFT, JAZZ BOX ¼ TURN RIGHT

1-2            Step R forward, pivot ¼ turn left (9:00)  
3-4            Step R forward, pivot ¼ turn left (6:00)  
5-8            Cross step R over L, step back on L turning slightly right, step R to right side completing a ¼ turn right, step on L. (9:00)

## BEGIN AGAIN

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