Don Crest Disco Mix



拍数: 64 墙数: 0 级数:

编舞者: Nelson Wong (CAN)

音乐: Unknown



This dance can be danced as regular 1 wall line dance, as a circle line dance or a contra circle line dance with the inner circle facing outside

ROLLING FULL TURN LEFT, TOUCH, ROLLING FULL TURN RIGHT, TOUCH

1 Turn ¼ left as you step left forward (to the side)

2-4 Step back turning an additional ½ left, step left to left side by continuing turning ¼ left, touch

right next to left

5-8 Repeat full turn traveling to the right, touch together

FORWARD & BACK WITH CHA-CHA-CHA'S (BASIC 8 CT. CHA-CHA-CHA)

1&2 Step left; right; left (cha-cha-cha with slight progression forward)

Right rock-step forward; left rock-step back (bowing with right hand put in front of waist and

palm facing body)

Say "hello" or "how are you?" (the first time only)

Step right; left; right (cha-cha-cha with slight progression backward)
Step left foot back; hitch right foot and bend your back slight backward

HEEL SWITCHES WITH CLAPS

1&2	Touch right heel forward, replace right next to left, touch left heel forward
3&4	Replace left next to right, touch right heel forward, clap hands twice

Replace right next to left, touch left heel forward, replace left next to right, touch right heel

forward

7&8 Replace right next to left, touch left heel forward, clap hands twice

ROCK STEPS LEFT FOOT IN FRONT (OR ROGER RABBIT)

1-2 Left foot rock-step forward; right foot rock-step back

3-6 Repeat 1-2 two times

7-8 Make a ½ turn to the left and step left foot forward; scuff with right foot (everyone now facing

outward in the circle)

ROCK STEPS RIGHT FOOT IN FRONT (OR ROGER RABBIT)

1-2 Right foot rock-step forward; left foot rock-step back

3-6 Repeat 1-2 two times

7-8 Make a ½ turn to the right and step right foot; left foot touches next to right foot (everyone

now facing inward)

DISCO STEPS TO THE LEFT, RIGHT FORWARD AND BACKWARD

1-2	Step left foot to left side, right foot touches next to left foot
3-4	Step right foot to right side, left foot touches next to right foot
5-6	Step left foot forward, right foot touches next to left foot
7-8	Step right foot backward, left foot touches next to right foot

VINE RIGHT, NEW YORK AND SHUFFLE TO THE LEFT

1-4 Left foot cross over right foot, side, behind and make a to the right \(\frac{1}{2} \) turn by stepping right

foot forward

New York, rock left foot forward and rock back on right foot
Shuffle to the left: left-right-left while making ¼ turn to the left

VINE LEFT, NEW YORK AND STEP/TOUCH

1-6 Repeat previous 6 counts in a mirror image

7-8 Right foot step to right; left foot touches next to right foot

REPEAT