

D.Train Disco

COPPER KNOB
STEPPERS

拍数: 64 墙数: 4 级数: Intermediate
编舞者: Tracey Bryant (UK) - June 2011
音乐: You're The One For Me - D Train : (Album: Disco Nights, Volume 6)



Starts: 12 Secs

Curtsey step, to the right

1, 2 Right foot to the side, then place left foot behind right bending your left knee

Curtsey step to the left

3, 4 Left foot to the side and place your right foot behind your left bending your right knee

One jump to the right and one jump to the left

5& 6 Jump a small jump to the right landing right left

7& 8 Jump a small jump to the left landing left right

Grapevine to the left with a kick

9, 10, 11, 12 Cross right foot in front of left, then place left foot to the side, then cross right behind left, then kick left foot out to the side

Grapevine to the right with a kick

13, 14, 15, 16 Cross left foot over right, then place right foot to right side, then place left foot behind right, then kick right foot out to the side

Shadow Step quarter turning to the right

17, 18, 19, 20 Cross right over left, then step back on the left quarter turning right, then place right foot in place and left foot in place

Point right to the front and to the side and kick

21, 22, 23, 24 Point right foot in front, then point right foot to the side and then kick right foot behind and then place right foot down

Point left to the front and to the side and kick

25, 26, 27, 28 Point left foot in front, then point left foot to the side and then kick left foot behind and then place left foot down

Two Toe Cross Hop Jacks

29, 30 & 31 Cross hop your right foot in front of left (landing on your toes) and jump back on the left foot kicking the right foot out to the right side

32, 33 & 34, 35, 36 As you place your right foot down cross hop your left foot in front of right (landing on your toes) and jump back on your right foot and then hop your left foot up and bring left foot back to place

Walk forward three steps and then kick left foot

37, 38, 39, 40 Walk forward on the right foot, then step forward on the left, then step forward on the right and then kick your left foot forward

Walk back three steps and then kick your right foot

41, 42, 43, 44 Walk back on the left foot, walk back on the right foot, walk back on the left foot and then kick your right foot forward

Rocking forward and back twice

45, 46 Place right foot down rocking forward and then move right foot back and rock back

47, 48 Rock forward on the right foot and then move right foot back and rock back

Cross right over and two slow leg switches points to the left and right

49, 50, 51, 52 Cross right in front of left, then point left leg out to the side and then bring left leg back in as you point right leg out to the side and pause

Four fast leg switches to the left and right

53, 54, 55, 56 Bring right leg back in as you point left leg out, bring left leg in as you point your right leg out

57, 58, 59, 60 Bring your right leg in as you point your left leg out, bring your left leg in as you point your right leg out

Shadow step

61, 62, 63, 64 Cross right over left, then step back on the left then place your right foot to the side and then bring your left foot back to place

Start again

For Glenis K. a real inspiration to line dancing and to all persons having treatment for cancer.
Get on your Disco dancing shoes and enjoy this dance x.
