

September Disco

拍數: 32 牆數: 2 級數: Beginner
編舞者: Karolina Ullénstäv (SWE) - September 2018
音樂: September - Earth, Wind & Fire : (3:35)



Intro 40 counts, BPM 125 - No Tags, No Restarts

Section 1: Steps forward, kick forward and clap, steps back, touch and clap

- 1 RF step forward (facing 12.00)
- 2 LF step forward
- 3 RF step forward
- 4 LF kick forward and clap
- 5 LF step back
- 6 RF step back
- 7 LF step back
- 8 RF touch beside LF and clap

Section 2: Grapevine right, touch and clap, full turn left, touch and clap

- 1 RF step right
- 2 LF step behind RF
- 3 RF step right
- 4 LF touch beside RF and clap
- 5 Turn ¼ left stepping LF forward (facing 09.00)
- 6 Turn ½ left stepping RF forward (facing 03.00)
- 7 Turn ¼ left stepping LF left (facing 12.00)
- 8 RF touch beside LF and clap

Section 3: Kick ball change and again kick ball change but with ¼ turn right – make this combination twice

- 1 RF kick forward
- & RF step beside LF
- 2 LF step in place
- 3 RF kick forward
- & Turn ¼ right stepping RF right (facing 03.00)
- 4 LF step beside RF
- 5 RF kick forward
- & RF step beside LF
- 6 LF step in place
- 7 RF kick forward
- & Turn ¼ right stepping RF right (facing 06.00)
- 8 LF step beside RF

Section 4: Long sliding steps right and left ending each slide with stomps twice and pointing both your arms out to the side

- 1 RF long sliding step right
- 2 Drag LF next to RF and point both your arms to the left
- 3 LF stomp
- 4 LF stomp
- 5 LF long sliding step left
- 6 Drag RF next to LF and point both your arms to the right
- 7 RF stomp
- 8 RF stomp

Have Fun everyone and make some disco moves!
