Disco Hustle

級數: Beginner

編舞者: Alan LeBlanc (CAN) - June 2025

音樂: Heaven Must Have Sent You - Bonnie Pointer

或: Stand By Your Man (Dave Audé Club Remix) - Tammy Wynette

Stand By Your Man by Tammy Wynette (Dave Audé Remix) (24 count intro)

牆數:4

I prefer the Tammy Wynette version - its over 5 minutes long, but I found a shorter version around 3 minutes. If you'd like to have a copy, let me know.

Start with weight on left foot

S1 - HUSTLE FORWARD (walk, walk, walk, touch; back, back, back, touch)

- 1-4 Walk forward, R,L,R touch (or kick forward) with L
- 5-8 Walk back, L,R,L, touch R in place next to L

S2 - VINE RIGHT WITH A TOUCH, VINE LEFT WITH ¼ TURN, TOUCH

1-4 Step R to right, step L behind right, step R to right, touch left next to right

5-8 Step L to left, step R behind left, step L ¼ left, touch R next to left (9:00)

*Option: for my senior's class, we don't do the ¼ turn

S3 - STEP POINT (X4)

- 1-4 Step forward on R, point L to side; step forward on L, point R to side
- 5-8 Repeat steps 1-4

*Option: for my senior's class, steps 5-8, we step backwards

S4 - JAZZ BOX 1/4 TURN; MONTEREY 1/4 TURN

- 1-4 Cross R over L 1/8 turn, step back on L 1/8 turn, step R on right, step forward on L
- 5-8 Touch R to right side. On ball of L make 1/4 turn right, stepping R beside left. Touch L to left side. Step L beside right.

*Option: for my senior's' class, the jazz box and Monterey are done without turns.

ENJOY

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拍數: 32